

# APG News

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See page 2 for Year of the NCO article.

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Sept. 30 is plastic, glass and metal. Put items in blue bags and place them on the curb.



### Wanted: Stories about NCOs

To showcase the year of the noncommissioned officer, the *APG News* is looking for story ideas to publish. Anyone with a suggestion should call the editor, Debi Horne, 410-278-1150.

### New Web site for Ordnance Museum

The U.S. Army Ordnance Museum has a new official Web site. Information and updates, including closures can be found at this location: [www.goordnance.apg.army.mil/MUSEUM/frame.htm](http://www.goordnance.apg.army.mil/MUSEUM/frame.htm).

### Restoration Advisory Board meeting tonight

The Installation Restoration Program will hold its **See SHORTS, page 8**

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Safety: APG Fire Department personnel educate community youths

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Wounded warriors come to APG for tournament



## MRICD breaks ground on new building

Story by **CINDY KRONMAN**  
MRICD

The U.S. Army Medical Research Institute of Chemical Defense held a groundbreaking ceremony for its new replacement facility at the Edgewood Area of Aberdeen Proving Ground Sept. 15.

Hosted by Maj. Gen. James K. Gilman, commander of the U.S. Army Medical Research and Materiel Command, MRICD's parent organization, the ceremony included a keynote address by Lt. Gen. Eric B. Schoomaker, commanding general of the U.S. Army Medical Command and the Army Surgeon General.

"This new state-of-the art laboratory is going to be home to some of our nation's leading experts and the world's leading experts, as they continue this all important work in research, education and developing and sharing knowledge that is going to mitigate the effects of chemical weapons," said Schoomaker as he addressed the crowd of



Photo by CARY SISOLAK, MRICD  
Lieutenant Gen. Eric B. Schoomaker, Army Surgeon General and commander of the U.S. Army Medical Command, left, receives a U.S. Army Medical Research Institute of Chemical Defense construction helmet from Staff Sgt. Jeromy Moorehead.

400 public officials, Army and recapitalization project representatives and employees. "The lessons that are found here and are shared from this lab are going to make the world safer

for not only its warriors but for America's citizens and for the global human Family."

Among the APG officials participating in the ceremony were Richard Decker, technical direc-

tor of the Edgewood Chemical Biological Center, who was representing the installation commander, Maj. Gen. Paul S. Izzo, and Col. Orlando Ortiz, the APG

**See MRICD, page 3**

## Charity Fair draws interest to CFC

Story and photos by **YVONNE JOHNSON**  
APG News

The 2009 Combined Federal Campaign hosted more than 30 charitable organizations, a cake cutting and more than 200 guests during its kickoff Charity Fair at the Aberdeen Area Recreation Center Sept. 17.

The event featured remarks by Maj. Mathieu Petraitis, standing in for Col. Orlando W. Ortiz, APG Garrison and deputy installation commander, who was unable to attend.

The event preceded training sessions for the campaign's key workers and coordinators which were conducted immediately after.

Guests were greeted at the



Aberdeen Proving Ground Combined Federal Campaign vice-chair Lesley Bell, left, discusses campaign strategies with Rhonda Hazelton, APG's first loaned executive for CFC, right, as APG CFC Chairperson Michael Graziano looks on during the CFC Charity Fair kickoff at the Aberdeen Area Recreation Center Sept. 17.

door by volunteers Melissa Russell from the Directorate of Plans, Training and Mobilization and Judy Rutledge from the Directorate of Public Works who signed in charity representatives, keyworkers and coordinators and distributed raffle tickets for door prizes to guests.

"One organization can have several keyworkers but only one coordinator," Russell explained.

Michael "Mikey" Graziano, CFC chairperson, said through an interpreter that more than \$8,000 already has been contributed through online pledges.

"Keyworkers play a vital role but because of online pledging, we won't use them quite as

**See CFC, page 7**

## APG hosts disability expo, career fair

Story by **KRISTEN SZYDLOSKI**  
APG News

In celebration of National Disability Employment Awareness Month, the Aberdeen Proving Ground Disability Expo and Career Fair will be held 1 to 4:30 p.m., Oct. 8 at the Recreation Center building 3326, on Erie Street.

Participants of the career expo are encouraged to dress professionally, bring copies of their resume and to be prepared to complete applications and interviews. Sign language interpreters will be available as well as other disability-related accommodations upon request.

Participating employers include: Apex Systems, Inc., APG Civilian Personnel Advisory Center, Bowhead Science and Technology, LLC, Department of Justice, CSX Railroad, CACI, Goodwill Industries of Chesapeake, Delmarva Broadcasting, Booz Allen Hamilton,

Army Team C4ISR and more.

Participating agencies will be recruiting for nurses, engineers, IT sales, cooks, waiters, recreation aids, engineering techs, secretaries, correctional officers, administrative staff, management/program analysts and more.

Job seekers without government ID credentials must enter APG via the Route 715 Gate and must provide a valid state or federal photo ID and vehicle registration. Transportation from the Aberdeen MARC Train Station to the Recreation Center is available, but reservations are required. A valid state or federal photo ID is required for this also.

For directions, to request disability accommodations or other information, call Marilyn Howard, 410-278-9669. To make reservations for transportation, call 410-836-7177, Ext. 363. More information is also available at [www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services).

## October highlights domestic violence awareness

Story by **ROB MCILVANE**  
FMWR PAO

During October, the Army will increase awareness of domestic violence, educate about the signs of abuse, and reinforce the negative effects domestic abuse has on Army Family readiness while highlighting prevention and victim

programs and services.

The theme for the month is "Make the Right Choice! Act to Prevent Domestic Abuse!"

Traditionally, the Army has emphasized how one person can make a difference. This program continues in that theme.

Besides helping those intimately involved in abuse, the **See VIOLENCE, page 13**

## TRAFFIC ALERT

### Still more traffic changes coming

DIO

As noted in last week's paper, there are several upcoming traffic changes for the Aberdeen Area in the next few weeks.

The new traffic signal at Combat Drive and Maryland Boulevard is complete and ready for operation. The signal will flash until the construction on Combat Drive is completed. At that time, the signal will become fully operational and Combat Drive and Boothby Hill Avenue will be opened for traffic.

The actual opening date notification will be provided to all garrison employees and activities by e-mail announcement.

Once Combat Drive is opened, the segment of Boothby Hill Avenue between Combat Drive and Maryland Boulevard, including the intersection and signals at Boothby Hill Avenue and Maryland Boulevard, will be closed and demolished.

Also as noted in last week's paper, all ID check lanes at the Harford Gate are scheduled to be open for use during the week of Oct. 5. When the Harford Gate reopens at its full capacity with all five lanes available, the Aberdeen Boulevard Gate will be closed.

One other traffic change that will be occurring is speed limit changes on both inbound

and outbound Maryland Boulevard from the Bush River and Deer Creek Loop intersection to the APG property line.

Inbound traffic changes will see the current 25 mph speed limit just prior to Visitor Center Drive increased to 35 mph. The 35 mph speed zone will extend to where the road diverges just prior to the ID check lanes at the gate canopy. There the speed limit will reduce to 25 mph and remain 25 mph across the active vehicle barriers to just past the Bush River and Deer Creek Loop intersection. At that point, it will return to 35 mph all the way to Aberdeen Boulevard.

For outbound traffic, the speed limit will be reduced to 25 mph at the Bush River and Deer Creek Loop intersection and will remain 25 mph across the active vehicle barrier to the reject lane just west of the gate canopy. At that point, the speed limit will be increased to 40 mph from there to the beginning of the Maryland State 45 mph zone at the APG property line.

Once again, these activities are subject to weather delays.

Additional updates will be provided for these events as needed.

As always, patience and attention to safety are imperative throughout all of these changes.

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.





# APG celebrates The Year of the NCO



## Senior CBRNE Soldier begins to ‘fade away’



Command Sgt. Maj. Marvin Womack Sr. helps Sgt. Lisa Ortiz case the unit guidon after morning PT Aug. 28.

Story and photo by  
**ROGER TEEL**  
20th Support Command (CBRNE)

The only senior enlisted advisor the 20th Support Command (Chemical, Biological, Radiological, Nuclear and High-Yield Explosives) has ever known will retire from active duty Oct. 2.

Command Sgt. Maj. Marvin Womack Sr. said he intends to “just fade away.”

The CBRNE command’s senior enlisted advisor since March 2005, Womack will pass his title to Command Sgt. Maj. Ronald E. Orosz during a change of responsibility ceremony 10 a.m., Oct. 2 on McBride Field on the Edgewood Area of APG.

His retirement ceremony will run concurrent with the change of responsibility.

The 20th SUPCOM (CBRNE) was organized in October 2004.

“I’ve been here since the beginning,” Womack said as he reflected on his 34-plus years in uniform and 12 years as a command sergeant major. “I’ve been through three generals – Brigadier General Walt Davis, Brigadier General Kevin Wendel, and now Brigadier General Jeffrey Snow – three generals.”

Womack routinely expresses himself in tightly clipped sentences. It’s a military syntax of short sound bites that cut directly to his point; a communication style that works for him.

**‘Gruff and rough’**

“He’s a CSM from the old school - gruff and rough around the edges - but his heart was always in the right place about doing what was right for the unit and the people in it,” said Col. Barrett F. Lowe, a former deputy commander of the 20th SUPCOM (CBRNE) currently assigned to the U.S. Army Special Operations Command at Fort Bragg, N.C.

“He let leaders do leader business, and made sure they were doing the right thing by the Soldiers and civilians working for them,” Lowe added.

Womack is well schooled in the responsibilities of a noncommissioned officer.

“I came in when I was seventeen years old. When I retire I’ll be fifty-two,” he said. “I’ve been an NCO for a long time. I got promoted to sergeant in two years - in 1977 - and that’s a long time,” emphasizing the word “long.”

He quickly summarizes his three tours in Germany, two tours in Korea and one in Alaska.

“Germany – I was there when the wall came down,” he said. “Been there. Got it done. Got the T-shirt. I remember when the Deutsche Mark was worth

something.

“The first car I ever bought was a Mercedes,” he continued. “I brought it back with me and in two weeks it was stolen [in South Philadelphia].”

A typical young Soldier might have chastised himself for losing a car, but not Womack.

“It was telling me I didn’t need it,” he said.

The sergeant major didn’t mention his Bronze Star medal or his six meritorious service awards. Nor did he talk about his many Army commendations or awards for maintaining the best quarters or for his direct involvement in community activities.

“That’s me,” he said pointing to a four-inch thick binder that contains every one of his awards and achievements. Womack called it his “I love me book.”

He said if he had gotten to do what he really wanted, he wouldn’t be where he is today. On two occasions he tried to pass the entrance qualifications for the Army’s Delta Force, an elite group of Special Forces Soldiers.

“I couldn’t pass the swimming portion. I can swim, but I couldn’t pass the Delta test,” he explained.

Womack said he is proud of his two tours on the trail as a drill sergeant, “bringing smoke” on young recruits. He said the Army isn’t training entry-level Soldiers the way it used to.

“Basic training should be the hardest thing you ever do in your life,” he explained. “It’s a building block for what will come, however long you stay in. You will never forget those basic skills that you need to have as a Soldier. They need to be instilled in every Soldier. You may not need them, but if you do, they’re there. And the main one is discipline.

“That’s why we have so many problems now,” he continued. “A Soldier needs to be mentally fit. I’m here to tell you -- and I hope they never ask – but we’re not instilling discipline anymore. We’re not pushing entry level Soldiers to the point they need to be pushed.

“We definitely do not make ‘em like we used to,” he said.

**A Soldier’s life**

Womack turns away, looking tired. His hair, if he had any, would surely have flecks of grey. But he routinely shaves his dome.

“That’s probably one of the things I’m gonna do...grow some hair,” he said, switching to talk of his retirement plans.

“I’m gonna have an issue adjusting,” he continued. “After I walk off that field,

for the first ninety days I’m gonna have to learn how to get up in the morning. I don’t know how to sleep late. I don’t use an alarm clock. At 4:30 or 5 a.m., I’m awake.

“I got to get my mind right,” he said as if bracing for the day he starts to ‘just fade away’ as Gen. Douglas MacArthur said all old Soldiers do.

“And I gotta learn how to dress. I gotta learn how to communicate. Talking all that military terminology -- that’s all I know. I’m going to have to adjust to society, you know, dress to blend in... just blend in to society, in general.

“I just want to cope with life and deal with life,” he said. “Whatever happens, happens. I just want to get one job and fit in. I have to go to work, not for financial reasons, but because I have to keep my body and my mind going. This is my goal for the next six months.”

He intends to focus on his hobbies, time permitting.

“I’m a certified mechanic,” he said, recalling his Army roots as an ordnance Soldier. “My degree is in electronic engineering, and I love working on cars. My jeep is my hobby. And I love to fish.

“I consider myself a young individual. I have my health. I still have my mind,” he said. “Three things have kept me going – being physically fit, mentally fit and spiritually fit. Those three things have kept me going. That, and the fact that I love Soldiers,” he added.

Womack talked about the lessons he has learned.

“My dad was in the military, stationed in Georgia. So I did a lot of my time in Georgia. My home of record is Georgia.

“Back in the day, you got a Social Security number when you started working. I got mine when I enlisted. I went to high school and graduated in Georgia and my first ten or fifteen years I claimed Georgia as my home state,” he said.

But he will retire to Pennsylvania.

“I want to be close to my Family, my mom [in Philadelphia], because my dad passed away. I didn’t want to be too close, but close enough so that if my Family calls I can show up,” he explained.

Womack talked about his marriages. “The deal is -- I shared six kids. I’ve been married a few times,” he said.

“It’s too bad when you’re young and in love,” he added, sounding a bit wistful about the travails of romance.

“The first one, we tried to make it work and it lasted three years. The second one was for all the wrong reasons. She was another Soldier, and we got married to get stationed together. But she decided she didn’t want to PCS to the place we signed up for and, well, she went one way and I went the other.

“After that I didn’t even think about marriage for ten years,” he said. “When I finally realized I was really ready to get married, I married a lady who had kids of her own.

“The kids helped, hers and mine,” Womack said of his union with Rhonda, his wife of 16 years. Their children, Rhonda, Marvin Jr., Ebony, Nate and Courtney have all moved out of the house.

“My youngest daughter, Courtney, is 22. She’s in the Army, stationed in a chemical company in Korea. She went to college, but didn’t know what she wanted to do, then joined the military,” he said, proud of his Army daughter.

“She could have saved me a lot of money if she had joined after high school,” he added, smiling wryly.

Then he sighed - deeply – before talking about his oldest daughter.

“She was killed in a car accident when she was 21 years old – she and my son in law. They had a kid, my grandson, who was one and half at the time. He wasn’t in the car with them. He’s okay. He’s fourteen now,” Womack said.

“The biggest issue we had was my son-in-law was an only child. We decided they [his son-in-law’s parents] should

have him [the grandson] because that was their only son and we had kids,” he explained.

“They have custody and we alternate summers. Last summer he was here. Christmas and New Years and Thanksgiving -- we switch it up. He’s kind of my heart...because... my daughter was my heart...

She’d be thirty four now,” Womack said, his eyes moistening.

“But,” he continued, changing the subject, “we have five kids and eight grandkids, the oldest is nineteen. My oldest granddaughter is going to junior college in North Carolina, and my oldest grandson is eighteen and going to a technical college in Charlotte.”

**A compassionate man**

Womack’s legacy has yet to be defined. However, those who have worked with him speak to the depth of his character.

“I bet he visited every wounded warrior who returned to CONUS during his time as command sergeant major,” said retired Army Col. Ray Van Pelt, former deputy commander of 20th SUPCOM (CBRNE).

“He displayed great compassion when we visited wounded EOD Warriors and their Family members. He relayed his personal challenges of recovery from health issues and injuries as motivation and an example for the young troopers.

“He deeply cares for Soldiers and has a sixth sense for Soldier issues,” the colonel said.

Van Pelt said Womack “felt in his gut” that suicides and suicide gestures were becoming a problem.

“Because of his relentless prodding, we developed and implemented a unit-level suicide prevention training strategy nearly six months before the Department of the Army implemented mandatory suicide prevention training.

“And, for an old man, the sergeant major can call some wicked old-time Army cadence and has one helluva basketball game,” Van Pelt added.

“Sergeant Major Womack was patient, compassionate and mentored many senior NCOs in the art and science of working the Army system and taking real care of Soldiers,” said another former deputy commander, retired Col. Paul Plemmons.

“He was the leading advocate and driving force behind special incentive pay for EOD operators. He was always there, visiting our wounded warriors or attending funerals for the fallen. He lives his beliefs. I am proud to have finished my career working with this great professional,” Plemmons added.

Perhaps the warmest accolades come from peers, such as Sgt. Maj. Ricardo Soto-Acevedo, a former operations NCO with the CBRNE command, who recently wrote Womack a note of gratitude.

“My sincere thanks for helping me in my hour of need. I know you spoke to the [commander] about my issue with cancer and that I needed help. You made it easier for me to go through the treatments, which were rough enough, and allowed me the time to recover to again be an active contributor to the Twentieth. I shall never forget the kindness you gave me as a professional Soldier,” Soto-Acevedo said.

Womack is a compassionate man. Those who know him have seen his concern for Soldiers, for Families and for the Army.

This compassion will undoubtedly surface during Womack’s farewell remarks. He is acutely aware that his most difficult task as a Soldier will be saying goodbye.

“In my thirty-four years, giving that speech is probably the hardest thing I’ll ever had to do. It’s gonna be rough,” he said.

“But let me leave you with this. In thirty-four-plus years, it ain’t never, ever been about me.”

## APG News

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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★ ★

COMMANDER'S CORNER

★ ★

# Commentary: Being prepared

By  
**MAJ. GEN. PAUL S. IZZO**  
*Commander, USARDECOM, APG*

This month we remembered the anniversary of the 9-11 terrorist attacks with two solemn events, a memorial service in our Edgewood Area chapel and a retreat ceremony in the post's Ball Conference Center. September 11th is designated as a national day of service and remembrance.

We must not forget that September morning. We went to work that day. The kids went to school. It was by all accounts a typical day in the work week. Then, tragedy struck. Quite literally, destruction, harm and shock came out of the blue.

We did not anticipate the terrorist attacks that day, and to some extent, we were ill-prepared to deal with them. That is not to say there was a lack of heroic response in the midst of destruction, there were many examples of heroes stepping forward. But, as a whole, America was not as well prepared as possible for the tragedy.

Following those attacks, the Department of Homeland Security established a national emergency preparedness campaign called "Ready" and as part of that campaign has designated September as National Preparedness Month. We should use the passion brought on by our 9-11 observances to focus our



organizations, our Families and ourselves on proactive efforts to prepare for acts of terrorism, flu pandemics and severe weather, as well as manmade and natural crisis of all kinds. After all, Hurricane Katrina pointed out the tremendous power of nature and also re-emphasized in 2005 the need for us to be alert and prepared.

The Army supports national preparedness objectives and recognizes that emergencies may affect mission continuity, the safety and security of our Families and the peace of mind of those deployed. To support the highest



state of readiness within our communities, the Army has instituted a program that brings together emergency management, law enforcement, Family support groups, chaplains, schools, medical personnel, and public affairs, and joins installations with the local community to promote emergency preparedness. This initiative is called Ready Army.

The intent is to overcome the traditional barriers that prevent people from taking steps to prepare.

Many of us are simply compla-

cent. So, we must become motivated and help empower our Families to make decisions that will better ensure their safety and resilience in emergency situations.

Preparedness is a year-round effort in which everyone can play a part. Make your preparedness a symbol of respect for those we lost on that September day eight years ago.

Remain vigilant toward the threats facing this nation and keep the Army strong by preparing our community for any kind of hazard.

## MRICD

*From front page*

garrison and deputy installation commander. Turhan Robinson, Maryland's civilian aide to the secretary of the Army, and Brig. Gen. Timothy K. Adams, commander, U.S. Army Center for Health Promotion and Preventive Medicine and a former commander of MRICD, were among the guests. Harford County Executive David Craig attended the groundbreaking, along with county council members Dion Guthrie, Mary Ann Lisant, James V. McMahan Jr. and Chad Shrodes. Representatives from the offices of Sens. Barbara A. Mikulski and Benjamin L. Cardin and Reps. Dutch Ruppersberger and Roscoe Bartlett also attended, as did state Sen. Barry Glassman and Asuntha Chiang-Smith, executive director for Gover-

nor Martin O'Malley's BRAC sub-cabinet.

Budgeted at more than \$300 million and scheduled for completion in 2013, the new 526,000-square-foot facility will consolidate numerous dispersed structures into a single modern, energy efficient building with a central utility plant. Additionally, the improved research laboratories and training facilities will be able to accommodate 395 employees.

"The design of the new ICD will enhance communications, collaborations and cooperation," Gilman said. "It will provide collaborative space that is flexible and adaptable to future research priorities and technologies."

These design factors will be important for recruiting and retaining quality employees to carry out the institute's mission, Gilman pointed out.

"It is the people inside, not the building itself, who have carried on the work of the ICD for so many years," Gilman said. "Simply put, ICD is great people

doing the research necessary to protect us from attacks that many prefer not to even think about. It is appropriate that they will soon have a place to work that matches their level of service and dedication to a tough and too often thankless mission."

For Col. Harry F. Slife, MRICD's commander, the day was "truly awe inspiring" and "a great day in MRICD's history."

"I think an even better day for the beneficiaries of what we do," Slife said. "I am confident that as exceptional as the U.S. Army Medical Research Institute of Chemical Defense has been in delivering products to the Warfighter, our best days are ahead of us."

MRICD is the Department of Defense lead laboratory for research to identify new or improved medical countermeasures against chemical warfare agents and for training DoD and other health care professionals in the medical management of chemical warfare agent casualties.

# CSSC named Active Base Community of the Year

Story by  
**YVONNE JOHNSON**  
*APG News*

The Chesapeake Science and Security Corridor, a region-wide marketing and planning effort focused on preparing for base realignment and closure growth, was named the Active Base Community of the Year by the Association of Defense Communities during its annual conference in Boston, Mass., Aug. 2.

The CSSC Aberdeen Proving Ground regional BRAC office is located at the Higher Education and Applied Technology Center in Aberdeen.

Accepting the award were Tim McNamara, deputy to the Aberdeen Proving Ground Garrison commander; Karen Holt, CSSC BRAC manager; David Craig, Harford County executive; Robert McCord, attorney for Harford County Government; James Richardson, director of Harford County Office of Economic Development; and Vernon Thompson, director of Cecil County Office of Economic Development.

In addition, Craig was named the Public Sector Official of the Year for his service to the defense community.

The Defense Community Award pro-

gram recognizes communities and individuals that have proven excellence and leadership in transforming their communities or played a key role in helping their community achieve its goal.

The CSSC is the result of a partnership among member jurisdictions in Baltimore, Harford and Cecil counties and Baltimore City, which focus on business development and marketing and includes regional planning and infrastructure for an improved environment, business climate and quality of life. Seven strategic partners include counties in southern Pennsylvania and Delaware and four economic development and policy groups.

In the Aberdeen office, Holt leads a team of three – Steven S. Overbay, BRAC coordinator, and Luwanna D. Spells, administrative assistant – in showcasing the region and serving as a welcome center for Department of Defense civilians and contractors relocating to the area.

Holt said the office leads an unprecedented marketing effort to present a greater understanding of what the region offers.

“Relocation is a big part of the puzzle,” Holt said. “The driver is that we’re working with such a large civilian workforce and the focus is on transportation,

infrastructure and workforce education.” Among its accomplishments, the office developed a regional drive time map and distributed “BRACANUMS,” a pamphlet which lists acronyms and abbreviations related to BRAC, and the APG Welcome Relocation Guide, which lists businesses, information resources, community clubs and service organizations and other information that can ease the transition process.

“It’s very exciting,” said Holt, an Aberdeen High School and University of Maryland graduate. “We want people to know what new offerings there are in the community while maintaining the quality of life for those already here.

“BRAC is an historical event for this region and we’re proud to be a part of it,” she added.

The team meets regularly with about 35 others from regional marketing committees for planning and updates. To date, the office has received \$7 million grant funding to conduct studies looking at the feasibility of a multi-modal train station accommodating rail and bus transportation on and off post.

Holt said the team is currently coordinating studies to look at regional workforce

analysis, job prognosis for dual income households, job markets for health care and emergency services professionals and other factors related to BRAC. They currently are conducting classes on a regional GIS system that will enable users to cross county and state lines to analyze an area.

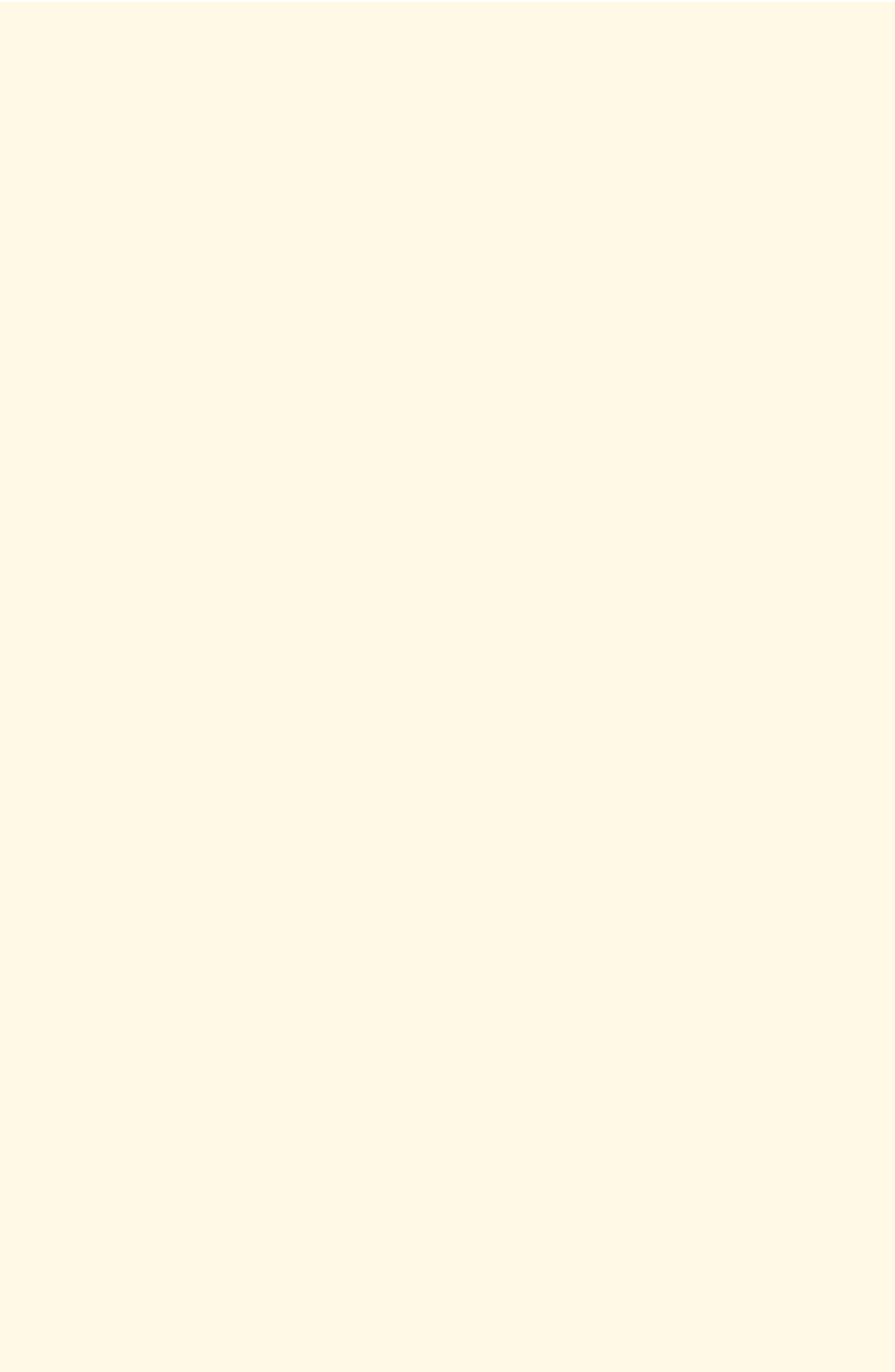
“The way multiple states have come together is unprecedented,” Holt said.

In addition, the office serves as an information resource center that is open for others to use as a hub for BRAC related tours.

Holt said the office coordinates frequently with the APG BRAC Transformation Office which is led by Col. Andrew Nelson, garrison transformation officer, who is assisted by Ralph Cardenuto.

She said that she, Cardenuto and a Harford County Economic Development representative together briefed transitioning JPEO personnel.

“We wanted to put a face on the process,” she said. “Put yourself in their shoes. Many of these folks are in their forties, possibly caring for aging parents with kids that don’t want to move. Our job is to make sure they have the resources to make those decisions.”+“This award was not just for us, but for the consortium,” she said. “It was a group effort.”







# Commentary: Coping strategies for workplace survivor syndrome

APG ASAP Office

“With 1.93 million people losing their jobs between August and December 2008, according to the Bureau of Labor Statistics, chances are you’ve felt the impact of a layoff, whether it’s the loss of your own job, witnessing layoffs at your company, or just knowing friends and colleagues who are on the unemployment line.” (Washington Business Journal, Jan. 23, 2009)

It’s one thing to read about layoffs in your local paper; it’s quite another to see a close colleague pack his kid’s pictures into a heavy box and hobble for the door - to find yourself speechless in the face of his shock and humiliation—to know that you may never share a joke over lunch again. You’ve been spared – for now, at least. But being lucky never felt so bad. Miserable is how most downsizing survivors would describe it – grinding through massive daily workloads while waiting anxiously for the other shoe to drop and wondering why it was the other guy, and not them, who ended up out of work.

## The fallout

What you’re feeling is called “workplace survivor syndrome,” a term coined by organizational psychologists to describe the emotional, psychological and physical effects of employees who remain in the midst of company downsizing. Is it real? Multiple studies suggest that job cuts are just as hard on the people left behind as they are on those who’ve been downsized.

A 2003 study published by the Institute of Behavioral Science showed an increase in alcohol consumption, smoking and workplace injury among layoff survivors. It also showed that it takes six long years for layoff survivors to recover from their trauma. Other studies report depression, plummeting productivity and poor morale among surviving staff.

## But aren’t you glad it wasn’t you?

Compounding the problem is a scarcity of support for downsizing survivors. After all, shouldn’t layoff survivors just be grateful to be working?

A 2008 study by Leadership IQ reported that “guilt” was one of the top

three words used by layoff survivors to describe their feelings. The other two were “anger” and “anxiety.” It’s tough, there’s no question about it.

## Coping strategies

Allow yourself time to grieve. The emotional trauma of saying goodbye to long time coworkers is very similar to losing a loved one.

Resist the temptation to “avenge” lost coworkers. What’s done is done. Holding a grudge helps no one, least of all you.

Ask for clarification on how job cuts were chosen. Understanding the reasoning behind each decision can help alleviate the guilt of being spared.

Avoid office gossip about further cuts and who may go next. It only adds to stress and anxiety. Focus instead on being positive and productive.

Find opportunity within adversity. Taking on additional work can be a stressor, but it can also open previously closed avenues. Use company shakeups to press for assignments that lead to professional growth and personal fulfillment.

Take a mental break. Reconnect with friends and Family. Take a short trip. Putting physical distance between yourself and work, even for a day, is a great way to distance yourself emotionally and gain perspective.

Use your company’s Employee Assistance Program. Most offer a wide range of free or discounted services that can help you get through a rough time. Be sure to ask about programs and materials geared specifically toward coping with layoffs.

Cut yourself some slack. Do your best each day, but don’t burden yourself with the expectation that it’s up to you to single handedly save the company. Remember that the current downturn is temporary and that brighter days are ahead.

For more information or assistance, contact Bill Sanchious, Army Substance Abuse Program, Employee Assistance Program coordinator, 410-278-5319.

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## EPA approves Army’s closure of Johnston Atoll Chemical Agent Disposal System

CMA

U.S. Army Chemical Materials Agency officials announced Sept. 1 that the U.S. Environmental Protection Agency has accepted the Army’s closure of its former Johnston Atoll Chemical Agent Disposal System.

In a letter dated Aug. 18, EPA Region IX official John Beach wrote that “EPA finds that the Army has fulfilled the requirements of its JACADS Permit,” and that the EPA, “accepts the Army’s closure of the facility as a clean closure.”

“The official closing of JACADS has been a thorough and meticulous process. As a program, we have benefited from the lessons learned from working

with the EPA,” said CMA Director Conrad F. Whyne. “This is our first RCRA permitted lethal agent incineration facility to close, and I offer my heartiest congratulations and a ‘job well done’ to the men and women of the JACADS team and our EPA partners. They have made the chemical weapons of Johnston Atoll history; they have made the world a safer place.”

JACADS, the Army’s first full-scale chemical weapons destruction facility, safely completed its mission of weapons destruction in 2000, facility demolition in 2003 and the last Army employees left Johnston Atoll by the end of 2003. This mission was accomplished while protecting the workers and the remote atoll’s delicate environment.

Located on an atoll 800 miles southwest of Hawaii, JACADS represented a major milestone in CMA’s history. During a 14-year period, more than four million pounds of nerve agents, GB and VX, as well as blister agent HD, were safely destroyed and the disposal facility was dismantled. Chemical agents contained in 412,798 munitions, including projectiles, rockets, bombs and ton containers, were eliminated, reducing the overall U.S. stockpile by six percent.

The Army worked with the EPA to close the facility according to environmental standards. Closure activities involved cleaning and removing all hazardous wastes, equipment and systems used for disposal operations. Analyses were performed in all related areas to

ensure that the Army met the EPA’s stringent criteria.

CMA has completed destruction of the chemical weapons at Newport, Ind., Aberdeen Proving Ground, Md., and Johnston Island.

Final chemical agent destruction operations are under way at CMA’s four remaining destruction sites: Anniston, Ala.; Pine Bluff, Ark.; Umatilla, Ore.; and Tooele, Utah. CMA’s destruction sites should complete operations in time to meet the 2012 Chemical Weapons Convention treaty deadline.

CMA continues to safely store chemical agent munitions near Richmond, Ky., and at Pueblo, Colo.

For more information, visit [www.cma.army.mil](http://www.cma.army.mil).

# Chapel News

## Commentary: Returning to your faith

By  
**CHAP (CAPT)  
JONATHAN K. MORSE**  
*APG Chapel Ministry*

Many years ago when I was in college my anthropology professor invited me to his home for dinner. With the invitation was the instruction that after the meal I could not tell anyone about the meal. I wondered what I was in for.

The evening came and his wife opened the door. She took my coat and dropped it on the floor where there was a pile of other coats belonging to the Family members. Yet right above the pile there was a row of hooks with nothing on them.

We then proceeded into the living room and we were joined by the professor and their two children. The professor's wife came in with a large bowl and a scoop. Each of the children made a cup with their hands into which she dropped a scoop of ice cream, which they preceded to eat by licking. When she came to me, I did as they say, "when in Rome do as the Romans do" and put out my hands cup shaped and plopped went a scoop of ice cream which I licked away at.

When the Family members finished their ice cream, they wiped their hands on their pants. I rudely, I guess, took out my handkerchief to wipe mine. As soon as I finished the wife returned and started throwing steaks in the air and each Family member jumped up caught the meat and started biting off and chewing pieces. Once again I followed their lead.

After we all dropped our bones on the floor, we went into the dining room and sat at the table. Placed before each of us were plates with a scoop of green colored mash pota-

toes and purple peas. I learned that night that I could eat peas and potatoes with a butter knife. With this course the meal ended and the wife and children left.

The professor asked me if I was uncomfortable with how the Family ate dinner.

Trying to be polite, I said, "no." But with further insistence I admitted that I felt out of place.

The professor explained to me that I felt out of place because I was denied my normal rituals. Rituals provide a structure in which we live. Every wife can tell you their husband's ritual for getting up in the morning and the sounds that they make. Every father can tell you the rituals that teenagers have for not getting up in the morning.

People have rituals for the manner in which they eat their foods. Some eat the meat first and others, the vegetables. Of course, one common American ritual is that morning cup of coffee.

The Army is filled with rituals. These rituals allow for Soldiers to work together smoothly.

We all know you do not call a command sergeant major, "Sir." We all know that response if it happens. (If you don't just do it, the response will be automatic.)

Some of the rituals we keep even though the reasons behind them are long gone. Which boot is put on first? The right because at one time when Soldiers were together having them dress in the same order prevented bumping around like left and right handed people sitting next to each other at a tight dinner table.

Our military rituals differ among the services. A Marine will salute an officer in a motor vehicle but a Soldier will not.

Soldiers will not wear a cover in a building but a Sailor will.

It is just like our Families and our extended Families. In one home there are certain rituals but we all know that when we go to the grandparents' house things are done differently and we adjust. At first it is uncomfortable but later it is just the way things are done.

Religions are known for their rituals. Some denominations have very complex rituals in their services while others have very simple ones. No denomination is without ritual. Each religion has its own way of expressing itself.

Members of one church can recognize whether someone is of their faith persuasion by their

religious vocabulary. "Born again," "Personal Lord and Savior," "Rapture," "Blessed Mother," "Theosis," "Talmud" and "Blessed be the Prophet" are examples of words that tie people together, and those who do not belong feel uncomfortable.

Our language and our rituals are what make us feel at home in church. Whether we are at Aberdeen Proving Ground or at a small church in Europe, we can feel at home in our particular denomination because we share the same rituals, but with a little variation like in a Family.

When we are in someone else's church we may feel uncomfortable because our rituals are missing. Rituals are

there so the members feel at home and are not used as a way of keeping out outsiders. We, when visiting another denomination, just have to "when in Rome do as the Romans do."

It is for this reason that chaplains, when presiding over their own services, use their rituals, but when we are all together, we drop our particular language and gestures so that everyone can feel at home in prayer.

If you have a spiritual void in your life or things just do not "feel right," it might just be that you haven't been "home" in a while. Maybe you just need to "touch base" with your spiritual tradition by returning to the denomination that you were raised in.

## Catholics invited Sunday: Coming back to church

*APG Chapel Ministry*

It has been discovered that many persons have been misinformed about Catholic practices and laws which have excluded them from full membership. An information evening for former or inactive Catholics will be held 7 p.m., Sept. 27, in the Social Hall, Aberdeen Post Chapel, building 2485 to address these issues in an honest and accurate manner.

The APG Catholic community invites anyone who answers "yes" to any of the following questions to an evening of renewed faith in Catholicism. Invited to this meeting are persons who feel that the Catholic church has failed to live up to their spiritual expectations, those who feel that the church's policies have excluded them from membership, those who feel that the church or its ministers have hurt them and anyone who was baptized Catholic and now feels alienated from the church.

- Are you a Catholic who thinks that the church has nothing to offer?
- Are you in an inter-faith marriage?
- Are you divorced and think you cannot

receive the sacraments?

- Are you divorced, remarried and believe that the church no longer wants you?
- Are you in an alternative lifestyle and think that you have no place in the church?
- Have you had an abortion and believe that you are no longer welcome in the church?
- Are you afraid to come back to the church because you have been away too long?
- Are you unable to attend mass because your spouse is deployed?
- Would you like to be part of a loving, caring, accepting military friendly community?

The evening will consist of a time for prayer, a time to address issues and matters of concern and a time for some homemade desserts, soda and coffee. Free childcare will be available.

The APG Catholic Community of St. Michael's welcomes Catholics who have been away from the church for any reason to come and see if we can be reconciled one with another. For more information, call Connie Richardson, 410-676-0179, or e-mail [connie.richardson@conus.army.mil](mailto:connie.richardson@conus.army.mil).



# Focusing on vision and continuing process improvement at Joint Program Manager Guardian

Story by  
**MARCUS PARKER**  
Special contributor

The chemical, biological and radiological threat to military installations continues to grow and expand as potential and current adversaries pursue more knowledge and expertise.

The CBD Program is in an era of reduced and constrained resources to meet these emerging threats. To meet customer’s requirements for improved operational capabilities in this era of constrained resources, the Joint Project Manager Guardian and the Product Manager for Chemical, Biological, Radiological and Nuclear Installation Protection Program developed and implemented an aggressive and comprehensive continuous process improvement program to improve the efficiency and effectiveness across all JPMG product lines.

The program initiated this effort by training and equipping a dozen team members with Naval Sea System Command Lean Six Sigma College training. The training produced two CPI Champions, five Black Belts and five Green Belts.

“The establishment and implementation of this resulting Lean Culture produced a program more readily able to effectively anticipate threats and identify and embrace opportunities by developing and improving process work flow and more effective use of existing fact-based data,” said Don Buley, deputy JPMG. “The program has achieved a total savings of more than \$3.5 million since implementation.”

An example of a project that highlights how the program successfully employed this new Lean Culture was shown through the PM CBRN IPP project to reduce the time required to field equipment to a military installation. It previously took up to 12 months to complete a fielding evolution to an installation. The project team identified



individuals who represented a cross-functional team involving multiple organizations, including military, civilian, support contractors and prime contractors. The team determined that customers define success as the ability to deliver the program capability to the right people in the field, as fast as possible, without sacrificing quality.

The first step the IPP team completed was a value stream process map which identified the six fielding critical path process steps: Design, Procurement, Fielding, Training, Sustainment and Transition. The team then documented more than 300 individual steps which made up the details of the six fielding processes. Through root cause analysis, the team identified the process constraints that prevent equipment from being fielded quickly. The procurement process uncovered equipment that took up to four months to deploy due to long lead manufacturing times. The team identified that these items were purchased after the final design was approved, adding unnecessary delays in getting the new capability to the customer. The analysis concluded that the majority of the items fielded to installations worldwide were the same between the services. A procurement strategy was developed that balanced costs and time of procuring and warehousing against

delivery and fielding requirements.

As a result, the team was able to more accurately identify and plan long lead procurements while minimizing delivery times and storage costs. This reduced fielding times by 25 percent, from 12 months to nine months and a savings of more than \$2.8 million. This savings has allowed the program to field an additional three installations across the services.

To ensure the new procurement strategies and other project improvements are sustainable, the program created dashboard metrics. The dashboard provides managers a method of assessing on a real-time basis how projects are progressing to ensure they will produce the desired outcome. A rigorous system to gather and document customer feedback and programmatic lessons learned across the planning and execution lifecycle was developed. These inputs are captured in a Lessons Learned Database. The information is accessible to all organizational members both government and contractor. It is utilized by all programmatic teams, such as Joint Engineering Review Board, Configuration Control Board, and Production Planning Execution teams to incrementally improve their business process.

“The immediate impact of implementing the lessons learned concept provides instantaneous results to com-

plex high priority problems in CBRN IPP,” said Harold Burks, CPP IPP special project officer for TIER II Production. Examples of these business improvements include the completion of numerous Rapid Improvement Events such improved customer relationships, development and implementation of an unfunded requirements prioritization process, and an improved customer survey process.

The program also realized the following additional benefits:

- Increase in the Total Package Fielding on-time deliveries percentage (more than 95 percent)
- Reduction in the number of shipments required to field
- No increases in Change Requests after design approval
- Improvement in customer satisfaction survey results (3.8 out of 5 to 4.3 out of 5)

“Through committed leadership support, training and engagement at all levels in the CPI program, JPMG and PM CBRN IPP have transformed the culture resulting in substantial improvements in system capability and customer satisfaction with significant cost savings,” said Lt. Col. Todd Kustra, PM CBRN IPP. “These improvements have provided JPMG and PM CBRN IPP the ability to reallocate and recapitalize its limited funding resources to better address emerging threats and customer requirements.”

*(Editor’s notes: Author is the Project Management Professional, CBRN IPP; Business Process Improvement manger at Camber Corporation. Contributors include Col. Mark Malatesta, former PM, JPMG; Don Buley, deputy JPMG; Lt. Col. Todd Kustra, PM, CBRN IPP; Commander Bernard Doctor, technical director, Science and Technology, JPMG.)*

## CFC

From front page

much,” Graziano said.

He said that keyworkers and coordinators are still needed, and those interested in volunteering should contact the

CFC Office located in Top of the Bay’s Down Under.

Guests roamed the Recreation Center’s ballroom looking at displays from local and national charities from around the region.

Also in attendance was the APG loaned executive for CFC, Rhonda Hazelton, a logistics management specialist from the

G-4, C4ISR. Hazelton, after completing training with the Chesapeake Bay Area CFC, will oversee the APG campaign from the Baltimore office.

She said she requested the position after reading an e-mail about the loaned executive program that Graziano sent out early in the campaign.

“Loaned executives try to help coordinators do the best jobs they can and assist if they have issues with fund raising or other projects,” Hazelton said.

Graziano added that APG has never had a loaned executive of its own.

“It’s a full time job which is considered a developmental assignment, which includes other accounts besides APG,” Hazelton said. Her assignment concludes Dec. 18, she added.

“So far I’m elated to be working with CFC,” she said. “There’s so much to do, and we have so much to offer to help others.”

The event included a silent auction for the Chris White painting “What So Proudly We Hail’d.”

Prior to the cake-cutting Petraitis shared comments about the campaign, first introducing Graziano and Lesley Bell, the CFC co-chair.

Petraitis extended thanks on behalf of Ortiz who he said “fully supports the program.”

“Whether a coordinator or supervisor, we want to thank you for the time and effort you’ve put in already, and today we’re going to get you trained and ready,” he said.

He called CFC a “huge undertaking with twenty-five hundred charities devoted to helping others.”

“Last year, APG raised more than four-hundred, sixty-thousand dollars, and we have confidence we can do even better this year,” he said, adding that the goal is to reach 100 percent of the workforce.

He noted that individuals can donate to up to 10 charities and can designate the specific charities where they want their money to go.

“I encourage all of APG to come together for a successful campaign,” he said.

He introduced CFC executive director Christopher Wilborn who expressed “complete confidence” in Graziano and said the challenge is to “align the same commitment to CFC as last year.”

He said that keyworkers should not only make contact, but make “effective contact.”

“Consider the importance of the campaign and what it means to others,” he said. “Once you understand why CFC is important to you, it’ll be much easier to answer the questions from your coworkers.”

“Ask for at least one dollar per pay period,” he suggested. “If we all do a little, we can do a lot.”

Several charity representatives said visitors showed great interest in their organizations.

Charlene Eaton, a representative from an Eastern Shore animal rescue organization that focuses mainly on horses, said it was worth the trip to come to APG.

“A lot of people didn’t know we exist or that the same abuse and neglect that happens to cats and dogs also happens to horses,” she said, adding that her organization works through the ASPCA and humane societies.

Diana Hayes manned the booth for an APG organization that focuses on Family Wellness.

“All of our programs reach out to Soldiers, civilians and retirees and all of our services are free to any eligible beneficiary in need,” Hayes said.

A cancer awareness group promoted its annual charity race to be held Oct. 19 in Hunt Valley.

“Several people asked about where the money goes, and we informed them that every dollar goes to research,” said representative Amanda Huber. “This is our first visit to APG, and everyone’s been very helpful,” she added.

Jennifer Tarr, community director for an organization focused on mother and baby health, said they were promoting awareness of the prevention of premature births, and Robin Spurdle, executive director of a Cecil County company that distributes monies to other non-profits, said guests were interested to learn that several agencies were “under our umbrella.”

“A tough economy has resulted in an even greater need,” Spurdle said. “We’re supportive of Family, health and wellness organizations. People have shown a lot of interest today, and we’re glad to be able to give them information they can take back.”

Laura Green, director of special events for a lung health awareness organization distributed “I Put Out” buttons encouraging smoking cessation. She said the organization also advocates clean air through emission controls and the use of hybrid vehicles.

“Monies go toward research, causes, genetic aspects, preventive measures and smoking cessation programs,” she said. “We help people get the education tools they need to get healthier.”

Michaelann Meehan from a Bel Air-based company that provides homes for low-income Families said that volunteering becomes a habit for most individuals.

“They’re surprised by what they learn about how things work and what they were able to accomplish,” she said, adding that some have been volunteering for 15 years and another volunteer is 92 years old.

“They come for others but are rewarded with the fulfillment that comes from serving,” she said.

*(Editor’s note: CFC charities can no longer be named in the APG News according to guidelines from the Office of the Judge Advocate.)*



**Post Shorts**

monthly Restoration Advisory Board meeting, 7 to 9:45 p.m. at Vitali's Restaurant & Banquets, 1709 Edgewood Road and Route 24 in Edgewood.

The topic of the meeting will be an update on the Lauderick Creek Study Area and a status update on the Other Edgewood Areas Study Area.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

**APG reports  
sanitary overflow**

The Aberdeen Area Aberdeen Proving Ground wastewater treatment plant experienced a sanitary sewer overflow Aug. 28.

During the overnight hours of Aug. 27 into Aug. 28, the influent channel next to building 413 at the wastewater plant experienced an estimated 18,000 gallons of sewage overflow to the ground in a 90-minute period due to the heavy rainfall.

'No water contact' warning signs have been posted in the affected area. Water contact should be avoided in this area until Sept. 28.

For more information, contact the Harford County Health Department, 443-643-0301 or the City of Aberdeen, Department of Water and Wastewater, 410-272-2650.

**CFC Office closed today**

The Combined Federal Campaign Office will be closed Sept. 24.

**Commissary holds case lot sale**

The Aberdeen Proving Ground case lot sale is scheduled for Sept. 24 through 26.

**MPs hold Anniversary  
Ball this Saturday**

The U.S. Army Military Police Corps Regiment will celebrate its 68th Anniversary with a formal gala, 6 p.m., Sept. 26, at the Crystal Gateway Marriott in Arlington, Va.

The event will be hosted by Brig. Gen. Rodney Johnson, the provost marshal general of the Army and commanding general of the U.S. Army Criminal Investigation Command. The featured guest speaker is Sergeant Major of the Army Kenneth O. Preston.

All members, Family and friends of the regiment are invited to celebrate a proud heritage and time-honored tradition and pay tribute to the Soldiers currently serving and to those who have made the ultimate sacrifice.

Tickets cost \$65 per person for enlisted Soldiers and their guests and \$75 per person for officers or civilians and their guests. Adults ages 18 and older can attend. Cost includes dinner, dancing and a commemorative memento.

For more information or to purchase tickets, call Lt. Col. Ana R. Callahan, 703-693-4820, or e-mail ana.r.callahan@us.army.mil.

**20th SUPCOM hosts CBRNE Week**

*Story by*  
**ROGER TEEL**  
*20th SUPCOM (CBRNE)*

The 20th Support Command (Chemical, Biological, Radiological, Nuclear and high-yield Explosives) hosts "CBRNE Week" Sept. 29 to Oct. 2.

The event features a number of activities for the command's leaders and their spouses, culminating in the 2nd annual CBRNE Ball Friday evening.

CBRNE Week, hosted by Brig. Gen. Jeffrey Snow, commander of 20th SUPCOM (CBRNE), is an event that brings together commanders and senior leadership from throughout the command, including explosive ordnance disposal and chemical elements from 23 states and from two task forces in Iraq and Afghanistan.

The central CBRNE Week activity is the commander's conference at the Edgewood Conference Center. The two-day conference will help leader-

ship connect with changes taking place within the command and synchronize energies to effect positive change. Lessons learned will be fielded from everyone in attendance.

A capability exercise will be conducted for invited guests and leadership to demonstrate some of the unique capabilities the command can deliver.

Command leadership and their spouses will attend the command's change of responsibility at 10 a.m., Oct. 2 at McBride Field. Command Sgt. Maj. Marvin Womack Sr., the only senior enlisted advisor the command has known since organizing in October 2004, will pass his mantle to Command Sgt. Maj. Ronald E. Orosz. Womack's retirement ceremony will run concurrent with the change of responsibility ceremony.

For more information about CBRNE Week activities, contact Roger Teel, DSN 584-0079 or 410-436-0079.

**Harford County holds 21st  
Annual Job Fair**

The 21st annual Harford County Job Fair, coordinated by the Susquehanna Workforce, will be held 2 to 6 p.m., Sept. 30, at the Richlin Ballroom 1700 Van Bibber Road, Edgewood. More than 50 employers are expected to attend this event. Visit **www.swnetwork.org** to see a current list of participating employers. Free admission, registration required.

**Book/DVD Fair**

APG CFC office is seeking used or new books/DVD/tapes for the APG CFC Book Fair beginning Oct. 1.

Donated items for the auction and winning bids may be tax deductible. It is voluntary to donate to the APG CFC Office.

Items can be accepted at Top of the Bay Down Under basement 8:30 a.m. to 3 p.m.

**Military Police  
Remembrance ceremony  
Oct. 9**

The U.S. Army Military Police Corps Regiment will honor, at a wreath-laying and remembrance ceremony at Arlington National Cemetery, those military police Soldiers and Soldiers performing MP-related duties, who were killed in action.

The event will be hosted by Brig. Gen. Rodney Johnson, the provost marshal general of the Army and commanding general of the U.S. Army Criminal Investigation Command on Oct. 9. A wreath will be laid at the Tomb of the Unknowns at 7:30 a.m. followed by a remembrance ceremony at the Military Police Memorial (Site 55) at 8 a.m.

All members, Family and friends of the regiment are invited to attend and pay tribute to the Soldiers who have made the ultimate sacrifice.

The featured guest speaker is retired Command Sgt. Maj. Mark L. Farley.

Attire for military attendees is the duty uniform; civilians may wear business attire.

RSVP to Maj. Steve Yamashita at steven.g.yamashita@us.army.mil.

**CFC preparing for silent  
auction, seeks items**

The Aberdeen Proving Ground Combined Federal Campaign office is seeking donations for an Online Silent Auction to raise money to support Combined Federal Campaign charities.

The APG CFC is seeking items in good condition such as sports memorabilia, antiques/collectibles, gift cards, Christmas crafts, home craft ceramics, paintings and much more. Donated items for the auction and winning bids may be tax deductible. It is voluntary to donate to APG CFC Office.

Items will be accepted at Top of the Bay Down Under 8:30 a.m. to 3 p.m.

The Online Silent Auction will begin immediately.

**APG Annual Hispanic  
Heritage observance Oct. 14**

The Aberdeen Proving Ground Annual Hispanic Heritage Observance will be held 11 a.m., Oct. 14, at the Aberdeen Area Recreation Center, building 3326. The guest speaker will be Jessy P. Mejia, administrator, Governor's Commission on Hispanic Affairs, Baltimore. There will be entertainment, food tasting and displays.

For more information, call Linda Patrick, 410-436-1023 or Sgt. 1st Class Elwood Veney, 410-436-5051.

**BOSS holds Haunted House**

Better Opportunities for Single Solders will sponsor a BOSS Haunted House, 5 to 10 p.m., Oct. 24, and 1 to 6 p.m., Oct. 25, at Child, Youth and School Services, building 2522. The event includes face painting, ring toss, pumpkin carving contest, magic show, pie in the face, balloon dart toss and more. Tickets cost \$.50 each. Individuals will need 3 to 4 tickets per event/activity.

For more information, call Specs. Francisco Rios, 410-436-4335; Shar-ia Leal, 410-436-8587; or Jessica Fulda, 410-298-3000.

*(Editors Note: More Shorts can be seen at **www.apgnews.apg.army.mil** under Shorts.)*



# Community Notes

THURSDAY

**SEPTEMBER 24  
SAME CHESAPEAKE POST  
MEETS**

The Society of American Military Engineers Chesapeake Post September meeting begins 11:30 a.m. at Top of the Bay, Aberdeen Proving Ground. Robert Cooper, PE, director of Public Works, Harford County, will present a briefing titled, "Update to the BRAC Program as it relates to the County's Infrastructure and Master Planning." Space is limited and reservations are required. RSVP at <http://www.same-chesapeake.org/>.

**SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 6 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children ages 10 and younger. The ship will cruise around the Susquehanna Flats area for a relaxing sail and sunset. Reservations are required. For more information, for reservations or to purchase tickets, call 410-939-4019

FRIDAY

**SEPTEMBER 25  
DAY ON THE BAY**

The Chesapeake Heritage Conservancy, Inc. will offer a Day on the Bay, 9:30 a.m. to 3:30 p.m., on the Skipjack Martha Lewis. Enjoy the day sailing to Charlestown, Md., bird watching, sightseeing then lunch at the Wellwood Club and return. Tickets cost \$55 for adults, \$28 for children ages 10 and under. Credit cards will be accepted. Reservations are required. For more information, for reservations or to purchase tickets, call 410-939-4078.

**CRITTER DINNER TIME**

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This free program begins at 1:30 pm. for all ages. No registration required.

For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**BASKET BINGO**

The Aberdeen High School Dance Team will sponsor Basket Bingo, 7 p.m., at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Doors open 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$12 per person, extra packs cost \$5 each. Bring a canned or non-perishable food item for a free chance on a special drawing. Items needed include stews, chili, chunky soups, pancake mixes and syrups. This is a non-smoking event. For more information or to purchase tickets, call Brenda Conjour, 410-273-7332.

**MARYLAND WINE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area offering wine from a local vineyard, cheese, fruit, beer and soda. Reservations are required. For more information, for reservations or to purchase tickets, call 410-939-4078.

**FOURTH FRIDAY FAMILY  
CAMPFIRE**

Come to the pontoon pier for a campfire program. Marshmallows will be supplied; bring a chair and s'mores fixings. This program will be held 8 to 10 p.m. for all ages. The cost is \$2 per person or \$8 per Family (limit 5 per Family). Registration is required. For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY

**SEPTEMBER 26  
CHILDREN'S GARDENING -  
MULTI-CULTURAL FEAST**

Have fun growing food and flowers at the estuary and at home. Enjoy crafts, games and science disguised as fun, while learning about seeds, life cycles and growing food and flowers in a watershed-friendly way. This program will be held 10 to 11 a.m. for ages 5 to 10. The cost is \$5 per child. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**E-S-T-U-A-R-Y-YEA!**

Celebrate National Estuaries Day on the water with the whole Family. Games and contests will keep things lively as paddlers learn about the importance of estuaries. This program will be held noon to 2:30 p.m. for ages 5 to adult. The cost is \$10 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight

Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**ESTUARY BINGO**

Have fun playing bingo while learning the importance of the estuary. Everyone wins. This event is part of the National Estuaries Day celebration. This program will be held 3 to 4:30 p.m. for all ages. The cost is \$5 in advance or \$8 at the door. Drinks and snacks provided. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MARGARITAVILLE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Margaritaville Cruise, 6 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). Set sail with island tunes, light refreshments, Margaritas, beer and soda included. Reservations are required.

For more information or for reservations, call 410-939-4078.

**VARIETY QUARTER AUCTION**

St. Paul's Lutheran Church, 201 Mount Royal Avenue, Aberdeen, will hold a Variety Quarter Auction, 7 p.m., in Fellowship Hall. Doors open 6 p.m. Paddles cost \$1 each, maximum of two paddles per person. Auction items include handmade baskets and more. Bring a non-perishable food item for a chance on a special drawing. Items needed include stews, chili, chunky soups, pancake mixes and syrups. Food and drinks will be available for purchase benefitting the APG Military and Civilian Spouses' Club. Proceeds from the quarter auction will benefit St. Paul's Women's Retreat. Bring quarters and have some fun. For more information, call Brenda Conjour, 410-273-7332.

**PIG ROAST**

American Legion Edgewood Service Post 17 is holding a Pig Roast. For details, call 410-676-1147.

SATURDAY AND SUNDAY

**SEPTEMBER 26 & 27  
FALL HARVEST FESTIVAL AT  
STEPPINGSTONE**

The Steppingstone Museum, located at 461 Quaker Bottom in Susquehanna State Park, Havre de Grace, will hold its annual Fall Harvest Festival and Craft Show, 11 a.m. to 5 p.m. Events include bluegrass music, clogging, square dancing, food, hay rides, pumpkin painting, straw maze, scarecrow making, craft boots, historical craft demonstrations and more. Cost of admission is \$5 for adults and children ages 12 years of age; free admission for museum members and children ages 11 years of age and under. For more information, call 410-939-2299 or 1-888-419-1732 or visit the museum's Web site, [www.steppingstonemuseum.org](http://www.steppingstonemuseum.org).

SUNDAY

**SEPTEMBER 27  
BASKET BINGO**

American Legion Rising Sun Post 194 will sponsor basket bingo to benefit Boy Scout Troop 28. Doors open 2 p.m., games begin at 3 p.m. Early bird game 2:50 p.m. Cost of admission is \$10 per person. Light refreshments will be available.

For more information, call 410-658-3915, or e-mail [basketbingo@zoominternet.net](mailto:basketbingo@zoominternet.net).

**FREEDOM HILLS FAMILY DAY  
ON THE FARM**

Freedom Hills Therapeutic Riding Program, located at 55 Rolling Hills Ranch Lane, Port Deposit, will hold the biggest and best Family Day on the Farm, 1 to 5 p.m. The event is a day for Fam-

**APG SCHOOL LIAISON**

***Education After High School Career Fair***

Harford County Public Schools invites everyone to attend the Education After High School Career Fair, 6 to 8 p.m., Oct. 13, at the Harford Community College Susquehanna Center.

For more information, call 410-588-5203 or visit [www.hcps.org/parents/docs/CollegeFair.pdf](http://www.hcps.org/parents/docs/CollegeFair.pdf).

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail [eileen.campbell@apg.army.mil](mailto:eileen.campbell@apg.army.mil).

lies to come and experience life on a horse farm. Events include pony rides, face painting, music, puppet shows, pumpkin decorating, making scarecrows and more. Caramel apples, hot cider and food will be available. Family Day on the Farm will be held rain or shine. Vendor opportunities are available. All proceeds benefit Freedom Hills Therapeutic Riding Program. For more information or for vendor information, call 410-378-3817.

**MOB MENTALITY**

Search swamps and marshes for signs of the fur-bearing mammals of Otter Point Creek - muskrats, otter and beaver. This program will be held 9 to 11:30 a.m. for ages 8 to adult. The cost is \$10 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MEET A CRITTER**

Check out one of the live critters up close while discovering what makes that animal special. This free program begins at 1 p.m. for all ages. No registration required.

For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**TRAIL MONITOR TRAINING**

Become a trail monitor and help keep the trails around Leight Park and Boseley Conservancy clean, safe and navigable for visitors. Trail monitors remove trash and debris from the trails; trim back plants and overhanging branches; take note of special maintenance needs; and more. If this sounds fun, come to the training and learn about what is involved and get first dibs on adopting a trail. This free program will be held 12:30 to 2 p.m. for ages 16 to adult. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MONARCH MONITORING**

Learn about the magical Monarch Butterfly. Construct a capture net and help tag some of the monarchs found. Each Family will receive a mini-tag kit. This program will be held 2:30 to 4:30 p.m. for ages 8 to adult; ages 8 to 10 must be accompanied by an adult. The cost is \$6 per child. Registration is required.

For more information, to register or for directions to the Anita C. Leight

Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**EVENING CREATURES OF THE  
BAY**

The Chesapeake Heritage Conservancy, Inc. will hold a Creatures of the Bay Cruise, 5 to 6:30 p.m., for children ages 6 to 14, on the Skipjack Martha Lewis. See first-hand some of the animals living in the bay, find and identify the tiniest creature. Terrapins, oysters, crabs, oh my! Tickets cost \$10 per person. Reservations are required.

For more information or for reservations, call 410-939-4078.

MONDAY

**SEPTEMBER 28  
WORLD RABIES DAY PET  
VACCINATION CLINIC**

The Harford County Health Department will sponsor a Rabies Vaccination Clinic, 1 to 4 p.m., at the 4 Paws Spa located on 121 Industry Lane, Suite A, Forest Hill, Md. Veterinarians will vaccinate dogs, cats and ferrets at just \$5 per animal. Only 300 doses/tags will be available that day. In addition to the vaccinations, information will be available, as well as special rates on "wash and dry" self-service for pet owners through 4 Paws Spa and Training Center, Inc.

For more information, call David Reiher, Harford County Health Department, Rabies and Vector Control Program, 410-877-2315 or visit

[www.harfordcountyhealth.com/rabies](http://www.harfordcountyhealth.com/rabies), <http://www.cdc.gov/ncidod/dvrd/rabies/Epidemiology/Epidemiology.htm#Wild%20Animals> and [www.worldrabiesday.org](http://www.worldrabiesday.org).

(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)





# Health Notes

## Army expects H1N1 vaccine in October

Story by  
**JERRY HARBEN**  
U.S. Army Medical Command

“I don’t want anybody to be alarmed, but I do want everybody to be prepared,” said President Barack Obama, about this year’s influenza season.

This year health officials are preparing for the Novel H1N1 flu - initially known as “swine flu” when it was widely publicized last year - in addition to the seasonal flu vaccinations to which military personnel are accustomed.

Seasonal flu and H1N1 flu are different strains of influenza viruses, and vaccination against both is necessary to be fully protected.

“Influenza viruses change from year to year,” said Lt. Col. Patrick Garman, deputy director of the Military Vaccine Agency. “Protection that develops after a person is infected or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops. Vaccination is your best protection against influenza infection.”

Flu vaccinations are mandatory for military personnel and civilian health-care personnel who provide direct patient care at military treatment facilities. It is highly recommended for other people.

Most members of the Army Reserve and National Guard should plan on obtaining vaccinations from their unit during drills. If they are vaccinated by a civilian provider, they must report immunization date, vaccine manufacturer and vaccine lot number to their unit’s MED-PROS point of contact at their next drill.

“The seasonal influenza vaccine is already available. Vaccine shipments began in early August. Military treatment facilities began their seasonal influenza vaccine program immediately upon receipt of influenza vaccine to protect individuals at risk from developing influenza or its complications. Our CONUS and OCONUS beneficiaries and retirees who are enrolled in TRICARE can receive their vaccination at their local MTF,” Garman said. TRICARE covers the flu vaccination for beneficiaries, as long as it is administered in a doctor’s office.

“It is DoD’s [Defense Department’s] primary goal to have more than 90

percent of service members vaccinated against seasonal influenza by December 1. The secondary goal is to swiftly complete the seasonal influenza vaccinations and begin preparations for the impending H1N1 vaccination program,” Garman said.

The H1N1 vaccine should be available in October. People 10 years of age and older will receive one dose. Those 6 months of age to less than 10 years will require two doses separated by approximately one month. The vaccine will be available as both an injectable or nasally inhaled product, just as seasonal flu vaccine is.

Most service members will receive the injectable H1N1 vaccine. The Defense Department expects to receive enough doses of the vaccines for all military service members and DoD beneficiaries who wish to be vaccinated. To prepare for a possible pandemic disease, DoD has stockpiled antiviral treatments for 8 million people.

In addition to vaccination, people can protect themselves against either strain of flu by:

- Covering the nose and mouth with a tissue when coughing or sneezing, then throwing the tissue in the trash.
- Washing hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- Avoiding touching the eyes, nose or mouth. Germs spread this way.
- Avoiding close contact with people who have flu-like symptoms.
- Staying home if becoming sick until 24 hours after the fever is gone. This will avoid infecting others.

Novel H1N1 influenza so far has been no more severe than seasonal flu. Garman said that experts expect it to be the dominant strain of circulating influenza this year because, until vaccination, most people lack immunity to it. The two diseases cause similar symptoms: fever, sore throat, cough, runny nose, chills, headache, muscle aches and feeling rundown.

Novel H1N1 seems to infect young adults more frequently than seasonal flu, which is most dangerous to the elderly or the very young. Symptoms normally last three to five days, but a person



## Doesn’t hurt a bit

Photo by ROGERTEEL

Colonel Darryl Briggs, operations officer, 20th Support Command (CBRNE), puts on a brave face as Petty Officer 1st Class Deloy Shaw, a U.S. Navy Corpsman assigned to the Joint Elimination Coordination Element and the command Surgeon's section, administers a flu shot Sept. 10. The first influenza inoculations were given to Soldiers and service members throughout Aberdeen Proving Ground, as well as to health care providers, emergency essential and at-risk personnel. For more information about this vaccination and to get a flu shot, check with a health care provider.

may infect others for several days before showing symptoms and for as much as 10 days after symptoms end.

The nasal mist contains a live virus.

“The live-virus vaccine can cause some mild flu-like symptoms, but you cannot get the flu from receiving any influenza vaccine. The injectable influenza vaccine contains pieces of viruses that have been killed, so infection is not possible,” Garman said.

“Side effects are usually mild, and can occur soon after vaccination and last for one to two days. Side effects include

soreness, redness or swelling at the injection site; fever, weakness, headaches and muscle aches,” Garman said.

More serious side effects from these vaccines are rare. Anyone who has serious side effects should contact the health-care provider or clinic where the vaccination was administered.

DoD maintains a clearing house of influenza information at <http://fhpo.osd.mil/aiWatchboard/>. Information also is available at [www.armymedicine.army.mil](http://www.armymedicine.army.mil), [www.vaccines.mil](http://www.vaccines.mil) and [www.cdc.gov](http://www.cdc.gov).

## OPM proposes paid leave for care of flu, combat victims

Story by  
**STEPHEN LOSEY**  
Federal Times

The Office of Personnel Management is proposing paid leave benefits for federal employees who must care for Family members stricken by pandemic flu or other communicable disease, and advance sick leave for employees caring for Family members injured in military duty.

OPM issued a proposed rule change Aug. 26 in the Federal Register that would allow employees to use sick leave to care for a Family member who has been exposed to or who has

contracted diseases that could require a quarantine, such as smallpox, severe acute respiratory syndrome, pandemic flu, infectious tuberculosis or cholera. Federal employees currently can use sick leave only if they themselves have been exposed to a communicable disease and risk spreading that disease to their co-workers.

A federal employee can use up to 13 days of sick leave to care for a Family member who has been exposed to a communicable disease but has not conclusively contracted the disease. If a doctor or other health provider determines the Family mem-

ber has contracted a disease, the federal employee can use up to 12 weeks of sick leave in a year to care for him.

And if a fed has run out of sick leave and has a Family member who has been exposed to or contracted a communicable disease, OPM would advance him up to 13 days of sick leave to care for the Family member. The federal employee would then accrue no further sick leave until he has made up the time.

OPM also would advance employees as much as 30 days of sick leave if they themselves have been exposed to a commu-

nicable disease and could put colleagues at risk if they come in to work.

The changes come two days after a presidential panel predicted half the nation’s population could contract swine flu this fall and winter. The panel said as many as 1.8 million people could be hospitalized with swine flu and 90,000 people could die from the disease.

The Federal Register notice also calls for allowing agencies to advance federal employees up to 30 days of paid sick leave to care for a Family member who is a military service member seriously injured in the

line of duty. Federal employees already can use paid annual and sick leave, as well as unpaid leave, to care for such Family members for up to 26 weeks.

And OPM wants the government to start advancing as much as 13 days of sick leave to federal employees who have had a Family member die but have no accumulated sick leave, to make arrangements and grieve.

OPM will accept comments on the proposal until Oct. 26. The notice did not say when the proposed changes would take effect.

## Harford County prepares for flu season offering clinics

Harford County Health Department

The Harford County Health Department has announced seasonal flu vaccine clinics at several Harford County locations.

The department highly recommends the seasonal flu vaccine as a primary defense against serious illness for all adults and children aged 6 months and older. The seasonal flu vaccine will not specifically protect against the H1N1 virus (a.k.a. swine flu), but the seasonal flu vaccine may help improve your overall health during the coming flu season, when both seasonal and H1N1 influenza strains are expected to be circulating.

Flu shots are free to persons with Medicare Part B (Please bring Medicare card) or \$20 (cash or check) for all others. No Medical Assistance will be accepted. Please wear short sleeve or loose fitted shirts.

Adults and children age 6 months and older should receive the flu vaccine. FluMist® nasal spray has been approved for healthy people ages 2 through 49.

The public is encouraged to continue to use common sense and to employ all practical means to minimize their risk of exposure to illness and is reminded to:

- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after using it.
- Wash hands often with soap and water,

especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.

- Avoid touching eyes, nose or mouth, since germs spread that way.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home if sick and avoid contact with other people to protect them from catching the same illness.

For more information about flu, visit [www.harfordcountyhealth.com](http://www.harfordcountyhealth.com).

**2009 Harford County flu shot schedule, location**

**Sept. 29**

A drive-thru vaccine clinic will be held 10 a.m. to 2 p.m., Ripken Stadium, 873 Long Drive Aberdeen offering a flu shot for senior residents or anyone who may have difficulty walking. Rain date is Oct. 2.

**Oct. 16**

A drive-thru vaccine clinic will be held 10 a.m. to 2 p.m., Fallston Middle School, 2303 Carrs Mill Road, Fallston. No rain date.

**Oct. 26**

Flu shots will be provided 9 a.m. to 1 p.m., Level Fire Hall, 3633 Level Village Road, Havre de Grace.

**Oct. 28**

Flu shots will be provided 3 to 6 p.m., Woodbridge Station, 1321 Woodbridge Station Way, Edgewood.

## Suicide prevention: Seek help if needed

Military Mental Health

A new online tool offers military service members and their Families free, anonymous mental health self-assessments at [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org) and 1-877-877-3647.

During suicide prevention month in September, honor military members and Families by encouraging them to seek help if needed.

In a nation where more people die by suicide than by homicide, the need for suicide prevention is urgent.

More than 90 percent of people who die by suicide suffer from one or more psychiatric disorders at the time of death. For military personnel, these disorders are often closely linked to the unique hardships they face. Fallen comrades, parentless children, grieving communities—these are some images that may never leave the memories of those in combat. However, with appropriate care, the emotional turmoil that sometimes follows can be alleviated and suicide can be prevented.

In honor of Suicide Preven-

tion Week (Sept. 6 through 12), Military Pathways™ launched an expanded online screening tool that allows service members and their Families the opportunity to assess their mental wellbeing, anonymously, and to identify symptoms before a problem becomes serious. Although most depressed people are not suicidal, most suicidal people are depressed. Failure to recognize depression and other mental health issues such as PTSD can have devastating consequences, underscoring the importance of detecting these disorders early.

Approximately 70 percent of people who die by suicide tell someone about it in advance, and most are not receiving treatment at that time. Thus, friends, Family members and battle buddies are often the best resources to prevent suicide, but many people don’t know how to recognize the warning signs or how to help someone who may be at risk. This is where online screenings can help.

Military Pathways’ online **See ARTICLE, page 13**



# ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS

## AAFES takes Army Family Covenant message to the streets of America

Story by  
**WILLIAM BRADNER**  
FMWRC

The Army and Air Force Exchange Service is hitting the road with a message that says the Army cares.

One hundred 18-wheelers will become rolling billboards with the message “Army Family Covenant: Keeping the Promise – Honoring our Commitment to Soldiers and Families” in 4-foot-tall lettering. The graphics will include a photograph of a real Army Family featured in a variety of covenant-related advertisements.

“We wanted some way to reach out to the geographically dispersed,” said Robin Hovey-Stapp, the FMWRC marketing representative who spearheaded the project. “We wanted to get our message in front of the parents, grandparents, friends and employees – anyone connected to the Army. Our partnership with AAFES presented the perfect opportunity.”

The trucks will spend an estimated 115,000 hours crisscrossing America’s highways between AAFES distribution sites and Army garrisons. Industry averages indicate an estimated 69 million people will see the trucks during the next two

years and be reminded of the Army’s commitment to taking care of Soldiers and Families.

They’ll also see the Web resource, **ArmyOneSource.com**, which is prominently displayed on the rear panel of the trucks.

“**ArmyOneSource** is the single portal for information for anyone connected to the Army – Soldiers, Family members, extended Family, even friends and employers,” Hovey-Stapp said. “Getting the word out – that we care, and that there are resources available to everyone – had to extend beyond the fence lines of our installations.

“The grandmother caring for the child of a deployed Soldier or the spouse of a deployed Guard or Reserve Soldier may not live on post. We had to seek ways to ensure they know **ArmyOneSource** and the Army Family are there for them if they need assistance.”

The Army Family Covenant is the Secretary and Chief of Staff of the Army’s promise to Soldiers and Families to provide a quality of life commensurate to their service and sacrifice. Through the covenant, senior Army leadership has spent countless resources expanding programs and services that assist



The first 18-wheeler truck to display the Army Family Covenant message will head east from Texas to Washington, D.C., to be displayed at the armory there during the Army 10-miler registration and exposition. One hundred AAFES 18-wheelers will become rolling billboards over the next two years.

or improve the quality of life for Soldiers and Families.

**ArmyOneSource.com** is an example of the Covenant’s purpose. The single Web portal combines Regular Army, Guard, and Reserve resources and information in one location. It includes information on community, state and federal resources available to Soldiers and Families, and is available on a dot-com site so there’s no need for logons or passwords to

access official Army networks.

“It’s a great resource for anyone connected to the Army,” Hovey-Stapp said. “If they have a question about support, services, or even recreational activities, available to them, **ArmyOneSource** will lead them to the answer.”

The goal is to provide uniform services, regardless of whether or not the Soldier or Family lives on an Army installation.

The first completed truck

will be displayed Oct. 2 and 3 at the Army Ten-Miler Expo site in the D.C. National Guard Armory parking lot. The rest of the truck fleet will be on the road by the end of November, and the wraps are expected to be visible for two years.

“AAFES has always been a strong supporter and partner for FMWR,” Hovey-Stapp said. “This time, they’ve truly gone the extra mile to reach out with the message ‘the Army cares.’”

## Exchange Online Mall partner to provide anniversary surprise to 500 spouses of deployed troops

AAFES

Troops separated from loved ones due to deployment have the opportunity to surprise their spouse on their wedding anniversary with a personalized art canvas that will be given away as part of Canvas on Demand’s “Operation: Hi Honey” campaign.

“By simply logging onto the Exchange Online Mall and clicking on the Canvas on Demand link, deployed Soldiers, Airmen, Marines and Sailors can upload a photo and write a heartfelt message to their spouse for their anniversary,” said the Army & Air Force Exchange Service Chief Marketing Officer Mat Dromey. “Recipients will be selected randomly each week with the winners’ spouses receiving a 16” x 20” framed canvas artwork of the photo.”

Photos submitted for “Operation: Hi Honey” consideration can be viewed online by logging on to the Exchange Online Mall **www.exchangeonline-mall.com**, navigating to Canvas on Demand and clicking the “Operation: Hi Honey” banner. Two hundred pictures will ultimately be selected each month.

Canvas on Demand is one of 117 vendor partners offering exclusive discounts to military shoppers through the Exchange Online Store’s **www.aafes.com/Exchange Online Mall**.



## Army Community Covenant Web site updated, easier

Story by  
**KRISTEN SZYDLOSKI**  
APG News

The newly updated Army Community Covenant Web

site continues to strive to improve the quality of life for Army Soldiers and their Families including active military, Guard and Reserve. Although the information on the Web site has not changed, it has been designed and updated to allow easier navigation to find programs and events for Soldiers and their Families.

Mainly, the numerous community-based programs and services of support have been categorized.

“They are arranged by seven areas that the Army has identified as significant to Families,” according to Program Manager Laura DeFrancisco of Army Community Covenant.

To search for community-based programs, click on the “national programs” tab. Within this tab, a wounded Soldier can locate programs that support wounded Soldiers and their Families and a Soldier’s spouse can locate programs that help with employment and education. For information specifically for APG Soldiers and Families, search “Aberdeen Proving Ground” and the state of Maryland.

“We’re still fine-tuning the site as we want to have links to all the programs listed so Soldiers can just click and go and not have to do more searching,” DeFrancisco said.



A calendar of events was also added. Currently, the calendar lists only the Community Covenant signing ceremonies; however, in the future more events will be added.

Social media tools have also been included in the redesign of the Web site.

“We now have a Facebook and Twitter page. We hope Soldiers and Family members will use these tools as a place to share ideas and programs they may have used or that were helpful to them,” DeFrancisco said.

Apart from community-based programs for Soldiers and their Families, a section has been added for the public to search for programs where they can volunteer their time. For example, if a volunteer is interested in helping wounded Soldiers, programs are listed where they can volunteer.

“I would encourage Soldiers and family members at APG to look around the site, especially if they desire support from the community. If there are programs they have used that are not listed, they can let us know through the “contact us” tab. I also encourage them to become fans of the Facebook page so they can be directed to events and new programs,” DeFrancisco said.

To visit the Army Community Covenant Web site, go to **www.army.mil/community**.

### About Military Pathways™

Military Pathways gives service personnel and their Families the opportunity to learn more about mental health and alcohol use through anonymous self-assessments offered online, via the phone, and through special events held at installations. The program is designed to help individuals identify their own symptoms and access assistance before a problem becomes serious. The self-assessments address post traumatic stress disorder, depression, generalized anxiety disorder, alcohol use and bipolar disorder.

After completing a self-assessment, individuals receive referral information including services provided through the Department of Defense and Veterans Affairs. Military Pathways is a program of the non-profit Screening for Mental Health® and is fully funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

To take a free, anonymous self-assessment, visit **www.MilitaryMentalHealth.org** or call 1-877-877-3647.

## Violence

From front page

Army will be informing “bystanders” to participate in prevention and intervention at an early stage in interpersonal violence of all kinds and to avoid the “do nothing” option. Leadership hopes to unleash a powerful prevention tool for a whole range of negative outcomes, such as drunk driving, suicide, illegal drug abuse and interpersonal violence.

A “bystander” is anyone in the community who may be an unwitting actor in the events that unfold between a perpetrator and a victim. Their behavior can be very important in either validating the acts of the perpetrator and the abusive behavior or rejecting them as unacceptable.

There’s been a 34 percent reduction in the number of Army domestic abuse cases since 2001. These decreases have resulted, at least in part, because of the large number of lengthy separations many Army Families have experienced during this time period, Dennis Bohannon, director of Strategic Communications at the Pentagon reported.

“But a single domestic violence incident which attracts public and media attention, has the ability to overshadow these reductions,” Bohannon said.

Mainstream media quickly connects domestic abuse, child maltreatment and neglect, divorces, suicides and homicides involving military service

members to everything from combat experience and post-traumatic stress disorder, to financial stress and multiple deployments.

The fact is, even with the present operational tempo, rates of abuse have declined steadily thanks to increased awareness and proactive leadership involvement.

Throughout the month, and the rest of the year, the Army will highlight the importance of paying attention to very early intervention in relationships as a way of preventing domestic abuse.

This will be accomplished by teaching teens about dating violence, emphasizing effective communication skills, helping those who have come from Families with a history of domestic abuse to learn new ways of interacting with their spouse and providing support to couples at all stages of their relationship to build resiliency to whatever challenges they face in military life.

“Marriage, like parenting, does not come with a guidebook, but individuals, couples and Families can learn new skills and develop healthy ways of interacting,” Bohannon said. The Army will help through new and increased counseling programs.

“I can assure you that your Army leadership understands the important contribution each and every one of you makes,” Army Secretary Pete Geren said. “We need to make sure we step up and provide the support Families need so the Army Family stays healthy and ready.”

## Suicide

From page 12

screening, funded by the Department of Defense, is available 24/7 and includes free, anonymous self-assessments for depression, alcohol problems, bipolar disorder, generalized anxiety disorder, and post traumatic stress disorder.

In addition to detecting an individual’s potential risk and their need for further evaluation, the new online tool offers advanced options that provide users with specific resources in their communities as well as enhanced learning materials and resources.

To access Military Pathways’ anonymous self-assessments, visit **www.MilitaryMentalHealth.org** or call 877-877-3647.

Additionally, the National Suicide Prevention Lifeline is available 24 hours a day by calling 800-273-TALK (8255). Active duty members and veterans should press “1” after being connected.





# FAMILY AND MORALE, WELFARE & RECREATION

## Activities/Events

### Youth Basketball registration

APG Youth basketball Registration will take place Oct. 15 through Nov. 9 at building 2752, Rodman Road. Walk-in registration will be held 7:30 to 10:30 a.m.; after 10:30 a.m., call for an appointment at 410-278-7571. To register for the Edgewood Area Youth Center program, call John Lee, 410-436-731.

There will be league teams for ages 7 to 8 (boys and girls); 9 to 10; 11 to 12; and 13 to 14 (age as of Dec. 31, 2009). Cost to join a league is \$45 per person; the clinic costs \$35 per person.

A clinic will be held for ages 4 to 6 (age as of Dec. 31, 2009).

Practices will be held weeknights. Games will be held Saturdays beginning Jan. 2. Volunteers are needed.

For more information, e-mail: William.Kegley@us.army.mil or call 410-306-2297.

### Digital Photography 101

Learn how to use a point and shoot digital camera like a pro. Professional photographer Ben Michalski will teach students all the functions of the camera so that aspiring photographers will be able to take high quality pictures in a variety of conditions. Cost is \$37 for two 90-minute sessions. Minimum class size is six, maximum is 15.

Ongoing classes will be available on Tuesdays, 6 to 7:30 p.m. Sept. 29 thru Dec. 15.

### Digital Photography 201

Professional photographer Ben Michalski will teach digital photography for DSLR users. (Camera's with interchange-

able lenses). Learn basic to advanced concepts of digital image capture, photography fundamentals and camera capabilities. Students completing this basic class will be eligible for advanced classes. Cost is \$65 for 2 two-hour sessions.

Classes are available on Thursdays, 6 to 8 p.m., Oct. 1 thru Dec. 9.

Classes will meet at Aberdeen Area Recreation Center, building 3326.

FMWR Registration is located in building 3326 or call 410-278-4011/4907 or Stark Recreation Center in the Edgewood Area, call 410-436-436-2713.

### CDC implements Army's Strong Beginnings for Pre-K children

The Aberdeen and the Edgewood Area Child Development Centers will be implementing the Army's Strong Beginnings Pre-K program for children who turned 4 before Sept. 1, 2009. The children enrolled in the centers will automatically participate in this program.

Strong Beginnings Pre-K is a program designed to prepare children to be successful to enter school. The curriculum focuses on the social, emotional and physical development of children. It is a basic academic program to enhance school readiness. Children will participate in a variety of activities to include the Smart Start Sport program, there will be SKIES JR classes offered as well.

If there is interest, a part-day program will be offered to children from 8:30 to 11:30 a.m. at the Aberdeen Center. The centers look forward to an exciting school year for the children.

For more information, call Ruth

# hired!

## HIRED!

HIRED!, a new Family and Morale, Welfare and Recreation program for teens ages 15 to 18, is an apprentice program where teens can explore positions in FMWR facilities.

The program will give teens guidance on preparing a resume, and teach them interview techniques as well as give them work experience in their chosen field. Children will receive a stipend for their work at the end of the term.

### Teen Financial Management Workshop

A Teen Financial Management Workshop will be held 6 to 7:30 p.m., Oct. 7, at Child, Youth and School Services, building 2752. Spaces are limited.

For more information, call Jay McKinney, 410-278-3250 or e-mail jay.a.mckinney@us.army.mil.

### UMBC Campus Tour

There will be a University of Maryland, Baltimore County Campus Tour, 9 a.m., Oct. 3 for high school teens only. Sign up at the Aberdeen Area Youth Center and bring money for lunch. Spaces are limited.

### You have the Job, Now Keep it

There will be workshop training, 10 to 11 a.m., Oct. 17, at Aberdeen Area Youth Services.

For more information, call Jay McKinney, 410-278-3250, or e-mail jay.a.mckinney@us.army.mil.

# the edge

## The EDGE

The EDGE Program is designed to highlight opportunities for children and youths in grades 1 through 12, to

Experience, Develop, Grow and Excel in FMWR partner facilities.

### Let's have some fun cooking!

Youths ages 11 to 18 will learn to cook a complete meal for their Family at Top of the Bay. Free cooking classes will be held 4 to 6 p.m., Wednesdays and Fridays, Oct. 28 through Nov. 20.

To register, sign up at the CYSS Central Registration, building 2752. For more information, contact Chuck Rose, 410-278-1399 or e-mail chuck.rose@us.army.mil.

## SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

### Driver's Ed

Driver's Ed classes will be held Oct. 5 thru 20; Oct. 26 thru Nov. 10; Nov. 16 thru Dec. 2; and Dec. 7 thru Dec. 22 (There is no class on federal holidays). Classes will be held Monday thru Thursday, 2:30 to 5:45 p.m. and 6 to 9:15 p.m. Cost is \$315 per student.

All Drivers Education classes are conducted by Rules Driving School, Inc. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304.

Classes include 30 hours classroom instruction and 6 hours behind the wheel instruction.

The last day to register for class is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Parents must attend the first day of class. Open to all DoD ID card holders.

Prices subject to change without notice.

### Basic Arts and Crafts Class

Basic Arts and Crafts will be taught on Tuesdays, 5:30 to 6:30 p.m. for ages 6 thru 10; and 6:45 to 7:45 p.m. for ages 11 thru 15, at the Aberdeen Area Youth Center, building 2522.

Children will learn about the art of other cultures and famous artists. They

will explore art techniques, processes, and mediums through a variety of activities, including painting, drawing, print-making and paper mache.

Cost is \$100 per student.

### Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 10 to 10:45 a.m., Thursdays, Oct. 8 through Dec. 3, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore paint, clay, color, texture and shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation is required.

Cost is \$60 per student.

### Youth Gaijin Ryu Jiu-Jitsu Seminar

A Gaijin Ryu Jiu-Jitsu seminar will be held for ages 5 to 18, 10 a.m. to noon, Sept. 26 at the Aberdeen Area Youth Center, building 2522. The Foreigner School of the Gentle Art Gaijin Ryu Jiu-Jitsu stresses relaxation and leverage as opposed to power and aggression. It is a true martial art which contains both grappling and striking techniques.

Cost is \$30 per participant.

### Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, Oct. 30 thru Dec. 18 (no class on Nov. 3, 6, 24 and 27).

## Smart Start Your Business seminars

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center sponsors Smart Start Your Business seminars. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan.

Seminars will be held 12:30 to 1 p.m., Sept. 30, Oct. 7 and Oct. 14. Space is limited.

For more information or to RSVP, call Marilyn Howard, 410-278-9669/7572. Other services offered by the SBDC are also discussed.

Strauss, Aberdeen Area CDC director, 410-278-7111.

### Radio City Christmas Spectacular

See the Rockettes perform in the Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Tickets cost \$76.75 for adults and \$67.75 for children ages 2 through 12. Children ages 2 and under do not need a ticket if seated on a parent's lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come first-serve basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

### CYS Services open to home schoolers

Child, Youth & School Services invites home school Families to use the Aberdeen Area Youth Center, building 2522, 8:30 a.m. to 2 p.m., Wednesdays, (except for Harford County Public School off days). Children must be accompanied by at least one parent and be supervised at all times.

Children and parents will have use of the homework room, arts and crafts room, Computer Lab, with tech support 8:30 to 9:30 a.m. and 1 to 2 p.m., and the gym.

All children must be registered through the CYS Services Central Registration office, located in building 2752 Rodman Road, rooms #110 or #113. Registration is free and entitles children to become members of the Boys and Girls Club, 4-H Clubs and participate in the programs offered at the Youth Center throughout the year. Registration packets can be picked up 7:30 a.m. to 4:30 p.m.

There is an APG LIONS Home School Co-Op program which parents may choose to join.

For more information, call Jeanne Colopietro, 443-243-2861.

### The Great Russian Nutcracker

The Lyric Opera House, located on 140 West Mount Royal Avenue, Baltimore, will present the Nutcracker, 7:30 p.m., Dec. 19 and 5 p.m., Dec. 20. Tickets cost \$70.50 for all ages and must be pre-ordered. Children under the age of 2 do not need a ticket if seated on a parent's lap. Tickets are limited and are available on a first-come, first-serve basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit the FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

### Disney on Ice presents Celebrations!

Tickets are available for Disney on Ice presents Celebrations! at the 1st Mariner Arena located on 201 West Baltimore Street, Baltimore.

Show times include 7:30 p.m., Oct. 28 and Oct. 29; 10:30 a.m. or 7:30 p.m., Oct. 30; 11 a.m., 2:30 p.m. or 6:30 p.m., Oct. 31; and noon or 4 p.m., Nov. 1.

Tickets cost \$19.25 for all ages. All seats are located in the lower levels.

For more information or to purchase tickets, visit FMWR Ticket and Leisure Travel Office at the AA Recreation Center, building 3326, 410-278-4011/2907, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

### Walt Disney World Salutes the Military

Walt Disney World is offering active duty military and retirees a free complimentary five-day park hopper and water park ticket and up to five-day companion tickets for just \$99 each, or an upgrade to a hopper for \$124 each.

Tickets cost \$25 extra for each add-on/upgrade applied. Tickets must be purchased three weeks in advance. Tickets are not valid until activated at the theme park ticket window. Valid military ID is required at time of purchase and activation. All sales are final. No refunds, exchanges or upgrades after purchase.

Ticket prices expire Dec. 23.

For more information or to purchase tickets, call 410-278-4011/4907 or visit the AA Recreation Center, building 3326.

### Orioles game specials

Purchase tickets for Orioles baseball. All game seats are located in Section 40 behind home plate. Tickets cost \$48 each; limited quantities available.

Toronto Blue Jays, 7:05 p.m., Oct. 2

For more information or to purchase tickets, visit AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

## Looking for a job?

Visit FMWR Jobs Available at [www.apgmwr.com](http://www.apgmwr.com).

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

## September bowling specials

- Bowl for \$.75 per game, 1 to 4 p.m. Shoe rental costs \$2.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza and one pitcher of soda for \$32.
- Each Friday, 9:30 to 11 p.m., bowl one game and get one game free. Shoe rental not included.
- There is no open bowling on Thursday and Friday evenings until 9:30pm due to leagues.

## APG Bowling Center Snack Bar specials

### Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

### Week of Sept. 22

Special #1: Port barbecue with french fries, cookie and regular soda for \$5.95

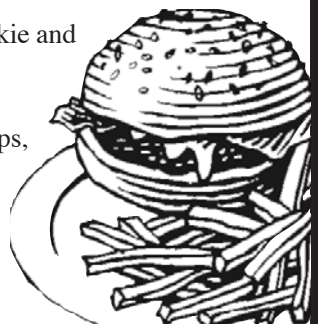
Special #2: Grand daddy sub with potato chips, cookie and regular soda for \$8.25.

### Week of Sept. 29

Special #1: Turkey club sandwich with potato chips, cookie and regular soda for \$6.95.

Special #1: Crab cake platter with French fries, coleslaw, cookie and regular soda for \$9.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.





FAMILY AND MORALE, WELFARE & RECREATION



Stress management topic of September ‘Hearts Apart’ meeting

Story by  
**KRISTEN SZYDLOSKI**  
APG News

Army Community Service held its monthly ‘Hearts Apart’ meeting Sept. 2 with stress management being the discussion topic.

To set the tone of the meeting, Kenya Proctor, installation victim advocate and the guest speaker, began the discussion by telling all participants to take off their shoes and rest their toes.

“Stress can be caused by deployments, TDY’s, late nights and children,” Proctor said. “We all need to take one day at a time and put ourselves first. We want to help create healthy, happy and whole Families.”

Stress causes the nervous system to overreact and can result in exhaustion, soreness and tightness of muscles, high blood pressure, overeating and even loss of hair.

Proctor offered advice to the partici-

pants on how to ease stress.

“It’s okay to eat comfort foods and healthy snacks in moderation to help alleviate stress, popcorn, dark chocolate, which helps soothe your nerves, or even one-hundred calorie bars,” she said.

Another way to help ease stress is the use of aromatherapy to relax the body. Scents including vanilla, chamomile, eucalyptus, spearmint, peppermint and lavender are a few that will help with relaxation and sleep.

Other ways to ease stress include:

- Deep breathing
- Listening to relaxing music
- Stretching
- Getting the body moving – walk away from the desk or take a short walk outside
- Drink a cup of tea

‘Hearts Apart’ meetings are held 6 p.m. the first Wednesday of every month and are located in the Army Community Service building 2754 on Rodman Road.

CYS Services center hosts back to school night

Story by  
**KRISTEN SZYDLOSKI**  
APG News

The Aberdeen Area Child, Youth and School Services hosted Back to School night Sept. 11 to welcome students, parents and new faces to the new school year.

Many activities were available for those who attended including video games, arts and crafts, ping pong, billiards and other games. The participants also enjoyed a lasagna dinner.

There was a special SKIES Unlimited Taekwondo demonstration with participants from the Tiny Tigers and Taekwondo team APG. SKIESUnlimited is a four-school system that gives students opportunities to expand their knowledge, be inspired, explore and acquire skills. The four schools are: School of Sports, School of Arts, School of Life Skills and School of Advanced Skills.

According to Stacie Umbarger, SKIESUnlimited director, this year 630 students were involved in the program which was an increase of 200 students since last year.

“The programs we offer are all non-competitive such as driver’s education, piano classes, babysitter training, CPR and first aid, self-defense, toddler art and finance



money management classes,” Umbarger said.

The CYS Services center took this opportunity to debut the Teen Lounge.

The lounge has two flat-screen TVs, comfortable gaming chairs, gaming systems and an area to play cards and games. The teens enrolled in CYS Services programs designed the room with the help of program leaders.

The Youth Services Center follows the Six Pillars of Character T.R.R.F.C.C standing for trustworthiness, respect, responsibility, fairness, caring and citizenship.

“These values start with us. I have to be a role model for the students, they are role models for me and everyone else who they encounter,” said Norma Warwick, facility director. “It’s very important for us to set examples for the students.”

The center offers a comprehensive set of programs in Four Course Service Areas including sports, fitness and health option; arts, recreation and leisure activities; life skills, citizenship and leadership opportunities; and academic support, mentoring and intervention services.

Within those service areas are Baseline Programs: Individual/Group Sports and Fitness Activities, Games and Leisure Activities (Open Recreation), Youth Councils, Youth Sponsorship, Volunteer Community Service, Workforce Preparation, Youth Technology Labs, Character Education, Youth Leadership Forums, Homework Centers, Deployment Cycle Support Services, and School Transition Services.

“There is a lot to offer. Programs are multidimensional, educational and fun,” Warwick said.

For more information on these programs go to [www.apgmwr.com/family/youth\\_services.html](http://www.apgmwr.com/family/youth_services.html)

APG youths participate in NFL Punt, Pass, Kick Competition

Story and photos by  
**RACHEL PONDER**  
APG News

Twenty-eight Aberdeen Proving Ground youths participated in the annual National Football League Punt, Pass and Kick Competition facilitated by Child, Youth and School Services Sports held at the Aberdeen Area Youth Center field Sept. 19.

Winners in each age group are determined by the total distance and accuracy of their punts, passes and kicks.

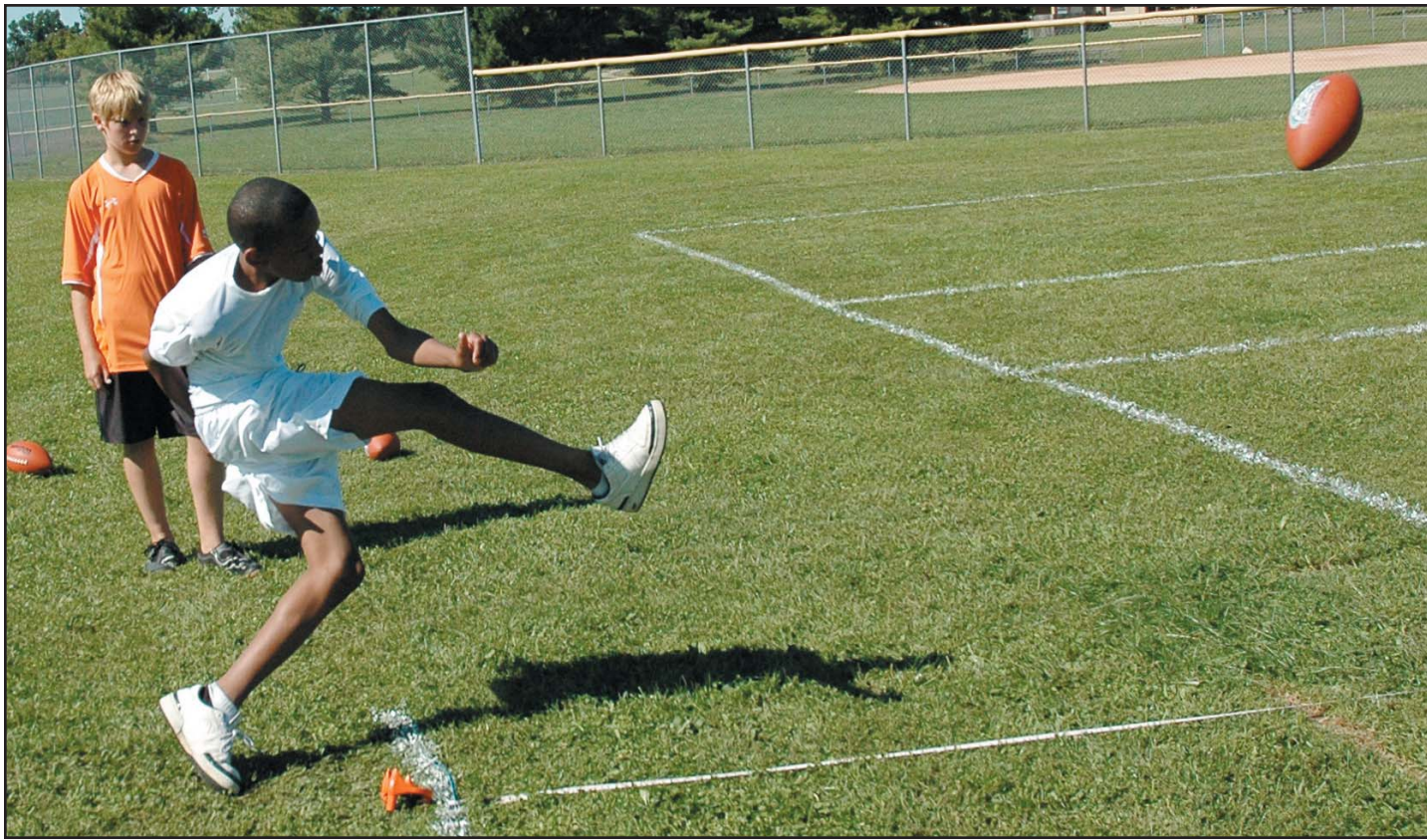
The NFL PPK program is a national skills competition for boys and girls ages of 8 to 15 to compete separately against their peers. The program is sponsored by the NFL and is locally hosted by the Baltimore Ravens. Established in 1961, the PPK program is the oldest NFL Youth Football program.

According to the official NFL Youth Football Web site, <http://ppk.nflyouth-football.com>, four million boys and girls from around the country take part in the PPK competition every year from July through January. It is one of the world’s largest youth sports participation programs.

First place winners from the competition will advance to the sectionals which will be held in the M&T Bank Stadium (Ravens Stadium) in October. The national finals competition involves one contestant from each age group sponsored by each of the NFL’s 32 teams.

Bill Kegley, the CYSS Sports director, said that he hopes that more youths take advantage of the event next year.

“It is an excellent free competition sponsored by the NFL,” Kegley said. “It gives youths a chance to compete in an NFL stadium.”



B.J. Mims, 13, kicks the football, while Blaise Curtis, 14, watches during the annual National Football League Punt, Pass, and Kick Competition held at the Aberdeen Youth Center field Sept. 19. The program was facilitated by Child, Youth and School Services Sports.



B.J. Mims, 13, prepares to punt the football during the annual NFL Punt, Pass, and Kick Competition, while Jake Kegley, 5, watches in the background. Mims won first place in the Boys 12-13 age group. All first place winners will advance to the sectionals which will be held in the M&T Bank Stadium (Baltimore Ravens Stadium).

D.J. Sparks, 9, prepares to pass the football during the annual NFL Punt, Pass, and Kick Competition held at the Aberdeen Youth Center field on Sept. 19.

2009 NFL Punt, Pass and Kick Competition winners		
<b>Boys 8-9</b>		
1st Zach Abbott	146 Ft	
2nd Austin Koehn	145 Ft	
3rd Ryan Peves	120 Ft	
<b>Boys 10-11</b>		
1st Taevaughn Buie	175 Ft	
2nd Jourdan Jackson	135 Ft	
3rd Joshua Jeager	63 Ft	
<b>Boys 12-13</b>		
1st B.J. Mims	194 Ft	
2nd DeAundre Drisdorn	150 Ft	
<b>Boys 14-15</b>		
1st Jake Kilmon	291 Ft	
2nd Blaise Curtis	199 Ft	
3rd Kevin Kappauf	190 Ft	



# Commentary: A summer that was more than a vacation



By  
**EILEEN CAMPBELL**  
FMWR School Liaison

I was pleased to participate in a panel review of the Harford County Public Schools’ Center for Conservation research projects July 23. This was one of Maryland’s Gifted and Talented Summer Centers held at Harford Glen. Students conducted self-selected research on-site. This year’s research focus was resource management.

As one parent put it, “students come out of this knowing something that nobody else in the world knows.”

Julianne Caughron was one of 45 students who attended the two-week ‘field study.’ In the following commentary, she writes about her experiences, how it

has changed her life and inspired a strong focus on her goals. She was thrilled to develop the additional component of fluvial geomorphology using a GIS system to map areas surveyed in their group’s third-year study.

“These projects compare to doing doctorate research,” said ‘Doc’ Jim Bailey, of the Directorate of Public Works’ Environmental Management Division, after listening to some of the groups’ presentations. “This is a quality program, and it is my hope that it will continue in summer of 2010.”

Sadly, the program administrator Eric Cromwell told the parents and dignitaries present that day that next year’s center may be cut due to a lack of funding.

For more information, e-mail [eric.cromwell@hcps.org](mailto:eric.cromwell@hcps.org) or call 410-588-5354, or the APG School Liaison office, 410-278-2857.

# Commentary: Camper lauds summers spent at Harford Glen’s Center for Conservation

By  
**JULIANE CAUGHRON**  
Special contributor

Based out of Harford Glen is a 360-plus acre educational nature park making its Center for Conservation the perfect place for the lessons of stewardship and alternative energies to be taught and retained. With the use of solar panel powered weather stations and rain barrels to prevent erosion, Harford Glen is the definition of conservation.

One of the most important things learned at the Center for Conservation is to let the data lead the conclusions, or in other words always keep an open mind.

A fellow camp mate and good friend of mine, Senna Casey, came into our first year of camp feeling as if hunting, even on a controlled level, is horrible. After her first year of camp, she changed her tone.

“When I first came to Harford Glen, I was so against hunting, I didn’t even want to think about shooting the deer,” Casey said. “After two weeks of data collection, intense classroom discussion and hard but rewarding field work, I decided that the best course of action, for human health, deer control, and even deer health, was a controlled hunt with strict rules.

“Harford Glen’s program made a big impact on how I saw the world around me. Every year since, I learn something new that I otherwise would have never known, but I learned it through my own studies, observation and research, instead of out of a book or from a teacher. This program is truly a unique experience, and truthfully, one of the best I have ever had,” Senna said.

I was informed about the camp by my enrichment teacher at the end of fourth grade. This was the first year that the camp was held. During the first week we learned about the scientific process including pointing out an issue and narrowing this to a problem, also identifying players and their beliefs. From there we created a research question and a data collection tool.

My first year’s project was about the deer population at Harford Glen. My group went out in the field and used GPS systems and digital cameras to record examples of deer tracks, rubs, beddings, visible signs of feeding and droppings. After our data collection was completed, we returned to the classroom and immediately began analyzing our data. We concluded that there was an extreme over density of deer at Harford Glen.

Now we had this data that no one else in the world knew but us, that really didn’t do much good. So we created a presentation to share our findings with the surrounding community and officials from Harford County. This taught me the importance of creating an appealing slide show that was attractive, but not gaudy where it drew from the presentation. Also we learned how to write a script and to never read the slide. We were tested on our understanding of our research when after the presentation we were questioned from the audience and the officials.

My first year of camp was so enjoyable I decided to return the next year.

As returning students we only did a run through of the process and got straight to work identifying a new problem.

Instead of big groups of about 10 to 15 students, I was in a group of three. Instead of shouldering the responsibility of three to four slides, I was in charge of one third of the presentation.

Our group decided to focus our attention on the water quality of a small stream called Barred Owl Branch. We decided to test the health of the water by using macro invertebrates as biological indicators. Some species are more sensitive to pollutants than others and when you average how many you caught of each it gives you an approximate biotic health.

This being our first year we took a tally sheet for upstream and downstream, with the stream running from north to south. We surveyed about 20 points along the stream.

Before our research there was no prior data on the stream, making this a baseline study. With no data to compare our findings to, it was a test of our understanding



Photos by SENNA CASEY

From left Heather Litz, Colleen Patton and Daniel Gorski kick up macros from the river bed while Juliane Caughron holds the kick siene.

of the process we had been preached on the whole two weeks the prior year.

In the end we found that upstream had a better quality than downstream. Our inference on why this occurred was because of the clear cutting of the beetle infested Northern White Pines causing more run off and in turn a lesser quality moving downstream.

With two years under my belt, I was very confident in my comprehension of the scientific process.

This year my group continued our surveying of Barred Owl Branch, but instead of three people, we had five.

Looking back at our procedures we saw room for improvement. Instead of taking a tally sheet for upstream and downstream, we had a record sheet for every point we surveyed. This gave us the ability to pin point spots of trouble.

To further validate our findings, we added another variable to our stream survey using chemical analysis. We tested pH, phosphate, turbidity, dissolved oxygen and temperature.

Another element we added was a habitat assessment, which is a pre-determined number value system looking at water color, water odor, canopy cover, stream bottom material, water level in comparison to bank width, sediment levels, bank vegetation and riffle zones.

By adding health indicators to our survey it not only improved how valid our results were but also let us make connections between them. For instance we found that at our eighth survey point we had the worst macro count, and also in this point there was large amount of phosphate. With this being a second year study not only could we compare within variables but also with last year’s data. This allowed us to see if the stream improved or dissipated in health since the past year.

When comparing the two years we found that 2008 or our most recent year of collection, had the better results. This showed that over two years of collection, the streams health seemed to improve. We inferred that this trend would continue given there is no dramatic interruptions in the succession of the clear cut areas.

In entering my final year of eligibility at the camp my group was determined to build upon our two-year comparison, making it a three-year study.

Again we saw room to improve our study by adding fluvial geomorphology. This is looking at how and why streams are shaped and how human infrastructure affects this.

In this broad category we conducted a stream bank erosion hazard index. Basically this is an approximate measurement of how likely the bank is to erode.

Another tool we used was GIS [Geographic Information System]. This let us show our audience where we surveyed



Heather Litz holds the dissolved oxygen tube in her left hand and the phosphate test in her right hand while waiting for them to develop.



Colleen Patton measures the bank full height with the Biltmore stick. This is one of the measurements taken to assess the erosion hazard index.

and visually how healthy each point was. Being able to take a map and show data points along it helped not only with our understanding of our findings, but helped by making the explanation of our data more self explanatory with visuals.

Watching such an in depth study build upon itself over the past three years made me think how lucky I am to have stumbled upon this camp.

Olivia Blondheim, another fellow camper, put it best when she said, “This is the best two weeks of my summer.”

Not only did I learn a great deal of information, but I made what I hope will be lifelong friends, all from different schools. This camp is truly something special that I will miss. The experience of actually being a part of a real field study is something only a select few my age have been through.

I myself am interested in pursuing biology as my lifelong profession. Being able to practice and to understand what I want to do for my life has only made me further motivated. The Center for Conservation encourages leadership but also promotes listening to ideas from several points. Teamwork and cooperation are the only way to get such a hefty project completed in two weeks, and such skills are developed.

I can’t think of any other way I would have spent my summer and gotten a more prosperous outcome. From this camp I take information that will help me in high school, college and my career.

(Editor’s note: Author is the daughter of Daniela Caughron who works at the U.S. Army Garrison on APG. She is an 8th grader attending North Harford Middle School.)



# APG Fire Department participates in safety camp

Story by  
**RACHEL PONDER**  
APG News

The Aberdeen Proving Ground Fire Department, part of the Directorate of Emergency Services, participated in the 15th annual safety camp this year, held in Havre de Grace, Md., by bringing the APG Fire Department’s Safety Trailer which simulates natural disasters and house fires.

During this event volunteers from Level Fire Company, a local girl scout troop, neighboring fire companies and past campers came together to help educate and entertain elementary aged children in many areas of fire and injury prevention.

T.C. Glassman, a fire prevention inspector, said that the APG Fire Department frequently participates in outreach projects in Harford County by volunteering their time and resources to educate the community on fire prevention issues.

“The simulation trailer is a popular attraction for all ages during community events,” he said.

Inside the trailer the children were taught fire prevention in the home. Visitors were asked to pick out hazards in the kitchen and bedroom. At the end of the presentation, smoke entered the bedroom part of the trailer and visitors were instructed to act as if a real fire were occurring. The children then exited down the escape ladder, part of the DES flag pole.

Glassman said that fire safety should frequently be discussed at home.

“It is important to discuss fire safety regularly in the home and have a fire escape plan established,” Glassman said. “Having a plan can prevent injuries and even death. It is good to be prepared because you never know when you will be in a situation where you need an escape route.”

Glassman added that during a fire do not go back into a burning building for any reason.

“Let us [trained fire fighters] worry about saving people and pets,” he said.

Glassman also added that it is important to make sure to check that working smoke alarms are installed on every level of the home.

“This dramatically increases the



A girl exits the APG Fire Department’s Safety Trailer during a fire simulation. The APG Fire Department frequently volunteers time and resources to educate the community on fire prevention issues.

chances of survival,” he said. “Smoke alarm batteries need to be tested every month and replaced with new ones at least once a year. Also, consider replacing the entire smoke alarm every ten years, or as the manufacturer guidelines recommend.”

Glassman said that to celebrate Fire Prevention Week, Oct. 4 through 10, the APG Fire Department will hold an open house 10 a.m. to 2 p.m., Oct. 10, in building 2200. All are invited to attend. For more details, look for upcoming articles in the APG News.

**Have a sound escape plan**  
[www.usfa.dhs.gov](http://www.usfa.dhs.gov)

More than 4,000 Americans die each year in fires, and approximately 20,000 are injured. Deaths resulting from failed emergency escapes are particularly avoidable.

In the event of a fire, time is the biggest enemy, and every second counts.

Escape plans will help when getting out of the home quickly. In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to



T.C. Glassman, an Aberdeen Proving Ground fire prevention inspector, shows the children a video on fire prevention on the Aberdeen Proving Ground Fire Department’s Safety Trailer during the annual safety camp held in Havre de Grace this summer as part of a program to educate the youth in the community.

fill with thick black smoke and become engulfed in flames.


**Practice escaping from every room in the home**

Practice escape plans every month. The best plans have two ways to get

out of each room. If the primary way is blocked by fire or smoke, there needs to be a second way out. A secondary route might be a window onto an adjacent roof or a collapsible ladder for escape

**See SAFETY, page 18**





## Adventures in driving decision making

# Panic on the highway!

*Installation Safety Office*

“Adventures in driving decision making” is brought to everyone by the Installation Safety Office.

Test your driving expertise in the following situation and then from the options provided, select the best answer. Find out the correct response the answers printed upside down.

**Situation #53**

You are driving the legal speed limit on a two-lane county road. It’s a cold early morning and the sun is shining. You certainly don’t expect to see any ice on the road, but there it is, right in front of you. You’re almost on it. What should you do?

A. Don’t touch your brakes, take foot off accelerator and steer straight ahead.

B. Brake before reaching it, release and steer straight ahead.

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*Answer A.* This takes quick thinking. Your decision to “not touch your brakes, take foot off accelerator, and steer straight ahead” is not really the best choice. It’s important to slow down before the ice. You need to reduce your speed substantially before getting to the ice, and just taking your foot off the accelerator isn’t enough. Then when you reach the ice, don’t touch the brake or accelerator and keep your wheels going straight without any turns. Answer B was the best choice.

*Answer B.* Yes, your decision to “brake before reaching it, release and steer straight ahead” is the best choice. You were thinking right to get your speed down before reaching the ice, then steer across straight ahead. It’s the same with mud and leaves, oil, snow, water and gravel.

# Safety

From page 17

from upper story windows. Purchase only collapsible ladders evaluated by a nationally recognized laboratory such as Underwriters Laboratory. Make sure that windows are not stuck, screens can be taken out quickly and that security bars can be properly opened. Also, practice feeling the way out of the house in the dark or with eyes closed.

**Immediately leave the home**

When a fire occurs, do not waste any time saving property. Take the safest exit route. If it is necessary to escape through smoke remember to crawl low, under the smoke and keep the mouth covered. The smoke contains toxic gases which can disorient or, overcome a person.

**Never open doors that are hot to the touch**

When coming to a closed door, use the back of the hand to feel the top of the door, the doorknob and the crack between the door and the door frame

to make sure that fire is not on the other side. If it feels hot, use the secondary escape route. Even if the door feels cool, open it carefully. Brace a shoulder against the door and open it slowly. If heat and smoke come in, slam the door and make sure it is securely closed, then use the alternate escape route.

**Designate a meeting place outside and take attendance**

Designate a meeting location away from the home, but not necessarily across the street. For example, meet under a specific tree or at the end of the driveway or front sidewalk to make sure everyone has gotten out safely and no will be hurt looking for someone who is already safe. Designate one person to go to a neighbor’s home to phone the fire department.

**Once out stay out**

Remember to escape first then notify the fire department using the 911 system or proper local emergency number in your area. Never go back into a burning building for any reason. Teach children not to hide from firefighters. If someone is missing, tell the firefighters. They are equipped to perform rescues safely.

# Women in Defense comes to Aberdeen

Story by  
**ALENA CALM, JOAN MICHEL**  
*Special contributors*

Aberdeen Proving Ground is the newest home for a chapter of Women in Defense, an affiliate of the National Defense Industrial Association.

Women In Defense began in the fall of 1979 as the brainchild of seven women who met for dinner at the conclusion of a major trade association conference. At that time, they discussed the idea of starting an informal network to assist participants—especially women and thus the organizational name—in expanding their knowledge of national security issues and of the national defense community in which they participated. Formal incorporation as a nonprofit 501(c)(6) organization was complete on Dec. 19, 1985, in the District of Columbia.

WID was founded to cultivate and support the professional growth of women through networking, education and career development. WID members include members of the military, civilian employees and contractors, and membership is open to both women and men.

The Aberdeen chapter of WID meets monthly for a networking or information event. Starting in October, a series of luncheons featuring high-ranking women as guest speakers will take place at restaurants around Aberdeen and Edgewood.

On Oct. 8, Micki LaForgia, the project manager of the U.S. Army Computer Hardware, Enterprise, Software and Solutions, and WID Fort Monmouth Chapter

president, will speak at a luncheon held at Vitale’s Restaurant in Edgewood. LaForgia will talk about her professional success in the defense sector and about the organizations relocating to APG. Anyone interested in attending this event, should contact Christa Harrop, 443-617-5378, or christa.harrop@gmail.com.

In order to accommodate various schedules, WID will hold its monthly events at alternating times of day. The luncheons will be held in October, December, February, April and June at 11:30 a.m. On the alternating months -- November, January, March and May, WID will hold an evening networking event.

Information about these events is distributed by e-mail. To be placed on the e-mail distribution list to be notified about these events, contact Joan Michel, 410-652-4456, or joan.michel@profilellc.com.

In addition to supporting the professional development needs of women, the Aberdeen WID is also making plans to award scholarships to local high school students pursuing higher education that would lead to a career in national defense and national security.

In addition, the Aberdeen chapter is joining forces with the Fort Monmouth chapter to ease the transition of members as they relocate to the Aberdeen area.

“The idea is to create a larger community of women defense professionals,” said Tamera Rush, vice president and founding member of the Aberdeen chapter. The joined chapters will operate as the Mid-Atlantic Chapter.

# Law school available

*Installation Legal Office*

The Office of the Judge Advocate General is now accepting applications for the Army’s Funded Legal Education program. Under this program, up to 25 Army officers may be selected to attend law school at government expense while on active duty.

Selected participants in the FLEP will attend law school at either their state’s supported school or a school that grants military members in-state tuition beginning the fall of 2009 and remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General’s Funded Legal Education Program) to determine their eligibility.

This program is open only to active duty commissioned officers in the rank of second lieutenant through captain and applicant must have at least two but not more than six years of active duty at the time legal training commences.

Further eligibility requirements are governed by statute (10 U.S.C. 2004) and are non-waiverable.

Selected officers will attend law school at a state-supported school in their state of residence or a school that grants military members in-state tuition. Register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer’s branch manager at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1.

Submission of the application well in advance of the deadline is advised.

Interested officers should contact Maj. Richard Hatfield, deputy staff judge advocate, or Nora L. Farrell, paralegal specialist, 410-278-1112/1107, respectively.



# Exton hosts Wounded Warriors during Memorial Golf Tournament



Vietnam veterans William Fosnaught, left, and Walt Kozloski tee off during the Joseph Gray Memorial Charity Golf Tournament for Wounded Warriors at Exton Golf Course Sept. 13.

Story and photos by  
**YVONNE JOHNSON**  
APG News

Aberdeen Proving Ground Wounded Warrior Outreach Inc. played host to 25 service members undergoing recovery at Walter Reed Army Medical Center during the Joseph Gray Memorial Charity Golf Tournament at Exton Golf Course Sept. 13.

Joseph Gray was a U.S. Army Aberdeen Test Center contractor who died from injuries sustained during a tank fire accident earlier this year.

William Armstrong, chief of the Directorate of Emergency Services' Marine and Wildlife Division and president of the outreach group, and Bart Roberts, Marine and Wildlife officer and golf program chair, led the event.

Roberts said the outreach group was established in January and that its members and volunteers - active duty military and civilians - host various events for the hospital's service members.

"Public support for the program has been awesome," Roberts said. "We have about twenty-five volunteers out here today supporting seventeen teams of four players."

He added that past and future events for the Warriors include a tournament at the Edgewood Area's skeet and trap range in August and fishing outings with patients at the Perry Point Veterans Administration Medical Center in Perryville.

Financial supporters include the Port Deposit Veterans of Foreign Wars which donated \$1,500 to the event.

Armstrong said that once the announcement was made about the tournament, club members and volunteers were eager to participate.

"We were full within days of the announcement," he said, adding his thanks to the Family and Morale, Welfare and Recreation golf program for its support.

"FMWR has been terrific. They've even provided support to Warriors' Family members by providing them alternate entertainment such as pool passes during their stay here," he said.

Colonel Orlando W. Ortiz, APG Garrison and deputy installation commander, and Garrison Command Sgt. Maj. Rodney J. Rhoades visited with the Sol-



Soldiers, veterans, club members, guests and Wounded Warriors from Walter Reed Army Medical Center wait in golf carts for the start of the tournament.



Master Sgt. Laura Paz lines up her shot. Paz was the senior noncommissioned officer in the group of Wounded Warriors from WRAMC who participated in the tournament.

diers before the tournament got underway.

The noncommissioned officer in charge of the Wounded Warrior group was Master Sgt. Laura Paz who has been recovering at WRAMC for the past 14 months. Paz was serving with the 7th Sustainment Brigade out of Fort Eustis, Va., when she was injured in Baghdad, Iraq.

She said that community groups are always sponsoring events, trips or donating tickets for the Warriors, and when they do, it means a lot to the Soldiers.

"It really improves morale and gives us something to do with our Families," Paz said. "And sporting events test our limitations. The amputees treat them as therapy."

She said most of the Warriors

started the program in April.

"So far we've met a lot of great people," she said.

Specialist Tina Li said she welcomes distractions.

"This gets me out of the barracks and keeps me from thinking about my problems," she said.

Wounded Warriors were paired with club members and guests, several of whom said the Warriors were the reason they participated.

William Fosnaught, a former Marine from Bel Air and member of Vietnam Veterans of America Chapter #588, said he "couldn't stay away" when he heard about the tournament. He played with his wife Barbara and friend Walt Kozloski, a fellow Vietnam veteran who served with the Army's 17th Infantry.



Bart Roberts, an Aberdeen Proving Ground Marine and Wildlife officer and Wounded Warrior Outreach Inc. golf chairperson, announces tournament rules and safety instructions.

"We play here regularly but this was a chance to honor our heroes," Fosnaught said.

"We're here because it could have been us," Kozloski added.

## Christina Gray

The widow of Joseph Gray volunteered her services at the tournament, working the registration table and running water and refreshments out to players in a golf cart.

Christina, a teacher at Bakersfield Elementary School, said her husband was an avid outdoorsman who also served in the National Guard and believed in helping his community. He was a volunteer with Wounded Warriors Outreach Inc. because he believed in that program as well, she said.

"When they asked if they could name the tournament for

him, I thought volunteering to help was the least I could do," she said.

"I'm not that strong and it's day by day," she said of her adjusting to life without her husband. "But we've had wonderful support from friends and Family, and I can't thank the community enough," she said.

She said that with a 3-year-old and one on the way - their second child is due Dec. 24 - she was unable to attend events with him but that she knows he would be pleased about having the tournament named for him.

"I know he would be pleased," she said. "He was larger than life, and he was always looking to help others. I know that is how he'd like for me to go on with our children."



Tournament volunteers Robin Ingellis, left, and Christina Gray deliver ice and beverages to thirsty golfers. The tournament was named for Gray's husband, Joseph Gray, a U.S. Army Aberdeen Test Center contractor who was killed in a tank accident earlier this year.



Retired National Guard Lt. Col. Bill Bullock, left, watches Chief Warrant Officer 4 Federico Hernandez, a Wounded Warrior from WRAMC, putt on their first hole.